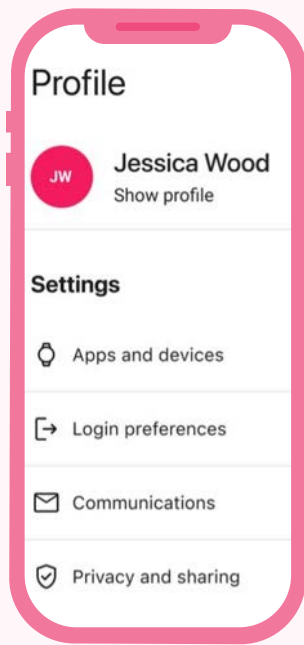




# Get connected

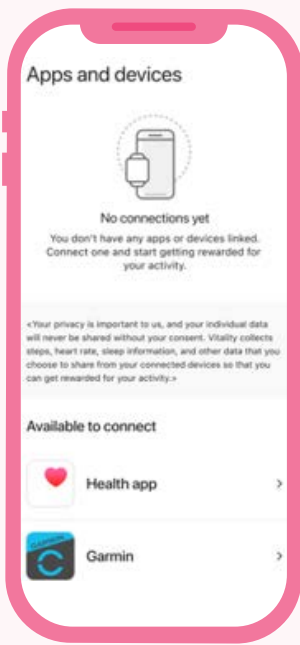
Take the first step to a healthier you by connecting your compatible fitness devices and apps. Then you'll be ready to hit the ground running as you accumulate points.

## iOS USERS



### 1 DOWNLOAD AND GET STARTED

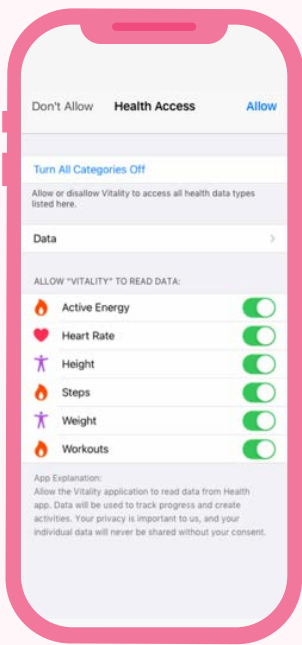
- Download the Power of Vitality mobile app
- Log in using your username and password
- Navigate to Apps and Devices under Settings to view compatible connections



### 2 CONNECT A COMPATIBLE DEVICE OR APP

- Select a compatible device or app you would like to connect
- Read the information on-screen and click connect

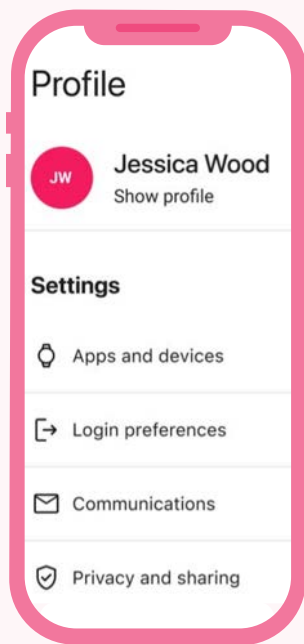
*Note: Some applications may ask you to log in to your account*



### 3 SHARE YOUR ACTIVITY DATA

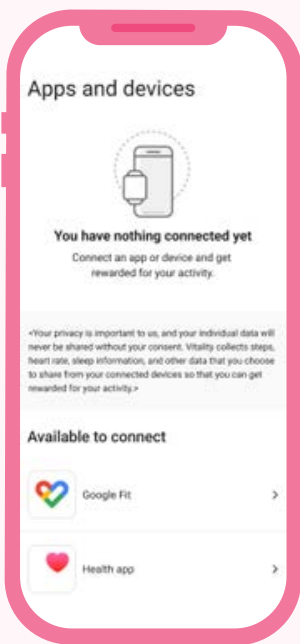
- Allow Vitality to read your activity data to maximize your point earning opportunities
- You can allow or deny the Vitality app to access each data type
- You can change or stop sharing your data with Vitality at any time

## ANDROID USERS



### 1 DOWNLOAD AND GET STARTED

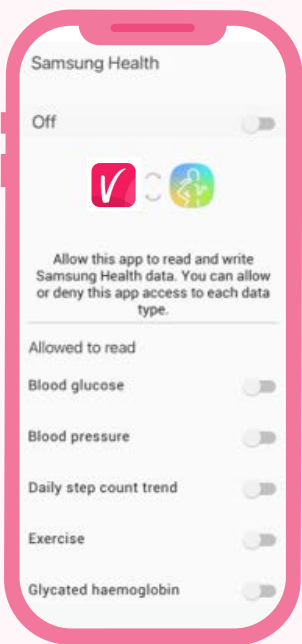
- Download the Power of Vitality mobile app
- Log in using your username and password
- Navigate to Apps and Devices under Settings to view compatible connections



### 2 CONNECT A COMPATIBLE DEVICE OR APP

- Select a compatible device or app you would like to connect
- Read the information on-screen and click connect

*Note: Some applications may ask you to log in to your account*



### 3 SHARE YOUR ACTIVITY DATA

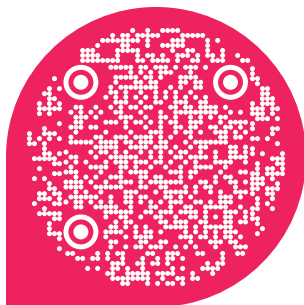
- Allow Vitality to read your activity data to maximize your point earning opportunities
- You can allow or deny the Vitality app to access each data type
- You can change or stop sharing your data with Vitality at any time

**NOTE:** Don't see your app or device listed on the Fitness Apps screen? We support other apps connected to Apple Health, Google Fit and Samsung Health!

## TIPS TO GET YOU STARTED

Now that your device is connected to your Power of Vitality account, it's time to start earning points for things you're already doing, like walking your dog or shopping for groceries and for all the fitness miles you've been clocking!

Remember to sync your device regularly for data to be sent from your device interface to Power of Vitality, and it's recommended to log in to the app at least once per week.



Scan to learn more about linking to Power of Vitality.