



# STEPPING IT UP

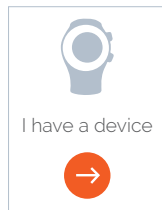
How to connect your step-tracking devices



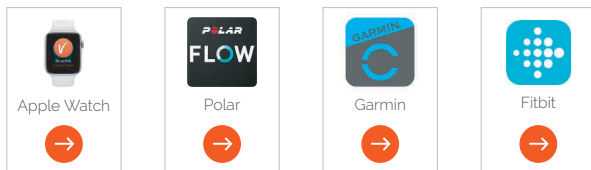
Log in and select **devices** on the homepage.



Select **I have a device** or **link another device**.

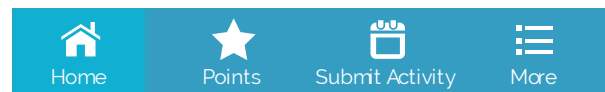


Select your device. You will be redirected to the device website. Log in with **your device account information** and connect to Vitality.

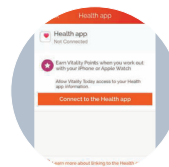


**Steps will now automatically sync with your device and Vitality.**

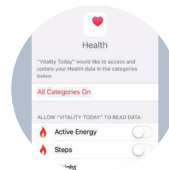
Open the app and select **more** on the menu bar.



Select **connect to health app**



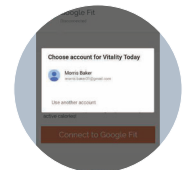
Select **Vitality Today** and turn on **all categories**



Select **connect to Google Fit**.



Select **your account** to connect



**Steps will now automatically sync when you open the Vitality Today mobile app.**

### Important Information

- You must sync your device regularly in order for data to be sent from your device interface to Vitality.
- It is recommended to log in to Vitality Today at least once per week and more frequently if you are engaging in an active challenge.
- Verify receipt of physical activity points by visiting your personal points statement on PowerofVitality.com or Vitality Today.
- It can take 24-48 hours for data to load in Vitality and points to be awarded.

**Still have questions?** On PowerofVitality.com navigate to Resources > Guide to Vitality > Linking to Vitality