



Vitality Today™

How to connect with Apple's Health app

By connecting the Vitality Today app to Apple's Health app and confirming that you would like to share your data, you can earn Vitality Points with Apple Watch or iPhone:

- iPhones 5s or later models allow you to track steps and can be used to complete Light, Standard and Advanced Workouts (5K, 10K, 15K steps).
- Apple Watch allows you to earn Vitality Points through steps or Active Calories for Light, Standard and Advanced Workouts.

In order to earn points using your iPhone or Apple Watch, you need to give permission to Apple to send data through to Vitality. Use this guide to help you connect with Apple's Health app.



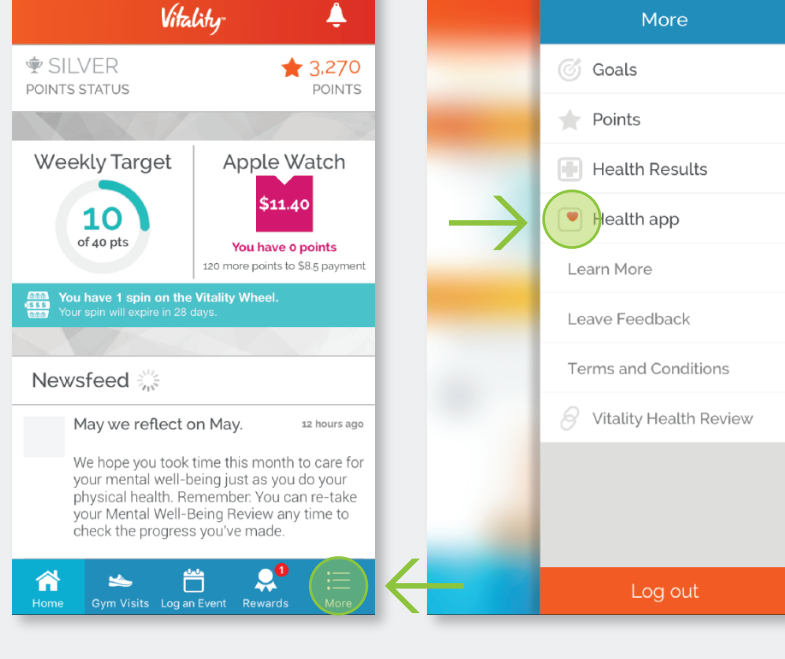
GET STARTED

STEP 1

Log on to **Vitality Today**.

STEP 2

Select **More** and choose the **Health App icon**.

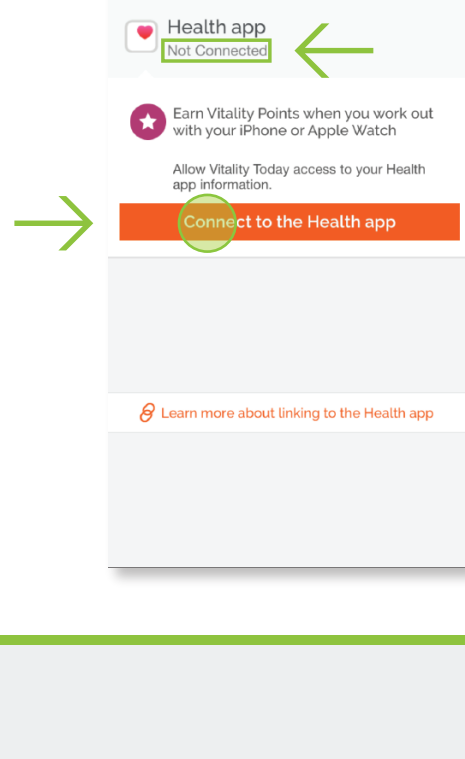


STEP 3

You will get to the Health app screen within the Vitality Today app to see your status.

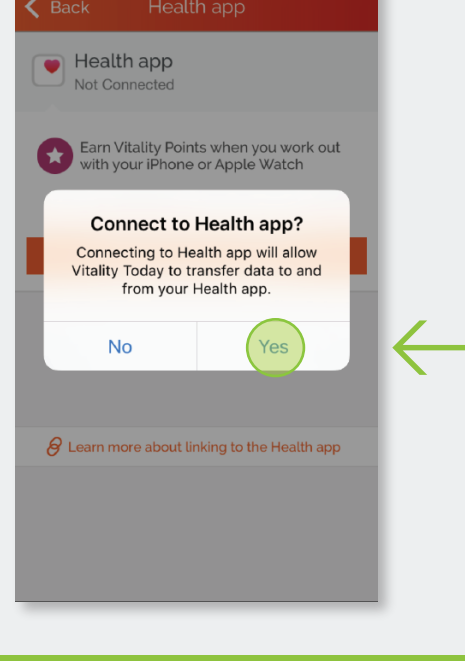
If you have never connected before, you'll see that you are **Not Connected**. You will now need to give permission to share your data with Vitality by connecting to the Health app.

Select **Connect to the Health app**.



STEP 4

Select **Yes** to continue the process of giving permission to share data.



STEP 5

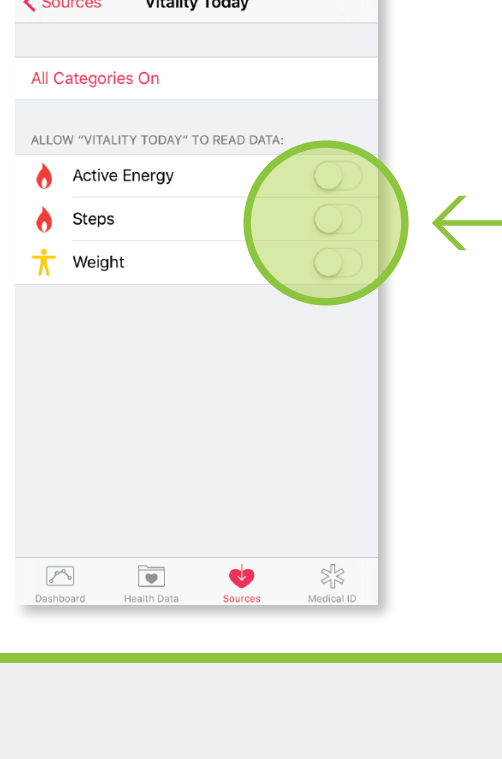
You will be taken to Apple's Health app page where you can select the data you would like to share.

iPhone users only:

You only need to select **Steps**.

iPhone and Apple Watch users:

Select all three options **Active Energy**, **Steps** and **Weight** to maximize your points-earning opportunities.

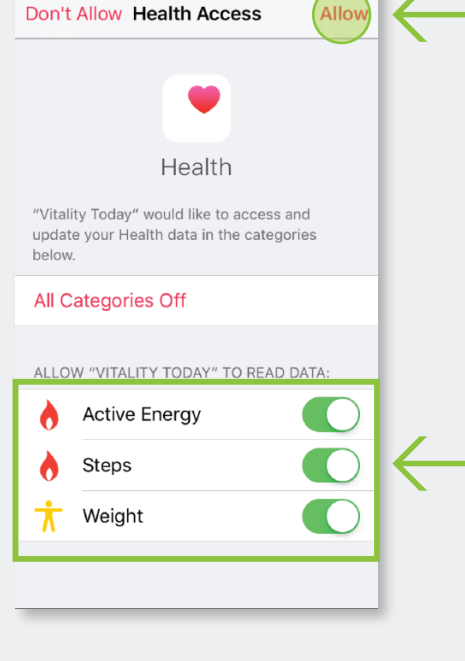


STEP 6

Once you have selected the data you want to share, select **Allow**.

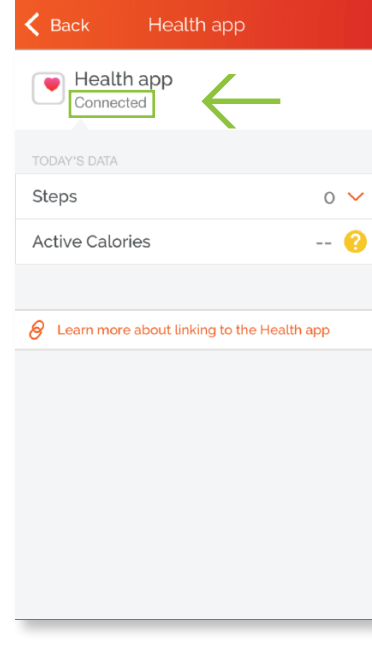
After you have connected Vitality Today to Apple's Health app and agree to share your **Active Energy**, **Steps** and **Weight data**, you can begin earning points by using your Apple Watch.

Earn points for your steps at each of the verified workout levels and for your active calories, the ones that you burn throughout the day by standing or moving around, when you meet your personalized thresholds. The thresholds are influenced by the weight you have provided in the Watch app.



STEP 7

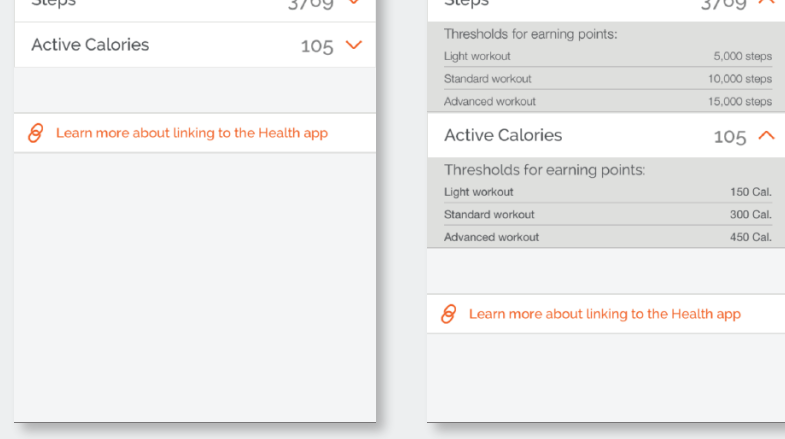
Once you have selected Allow, you will be taken back to the Vitality Today app where you will now see that you are **Connected**.



STEP 8

You are now connected and can start earning Vitality Points using your iPhone or Apple Watch.

In order for Vitality to pull your data from your iPhone or Apple Watch, you do need to open the Vitality Today app to initiate the data exchange or have it run in the background.



To confirm that you're connected, log on to Vitality Today through your iPhone and select the Health app icon. Also make sure you have chosen the data you want to share and select Allow.

You are now connected and can start earning Vitality Points using your iPhone or Apple Watch!