



# VITALITY HEALTHYMIND WITH IPHONE

Using Calm and Headspace meditation apps and Apple Breathe

The Vitality HealthyMind™ program, through the Vitality Today® app, rewards you for achieving a state of relaxation through mindfulness meditation to help improve focus, ease symptoms of anxiety and more. Earn 10 Vitality Points® each day (up to 200 points a program year) for completing at least 10 minutes of guided meditation by using one or a combination of the Calm, Headspace or Apple Breathe apps linked to Apple Health app for iPhones. Here's how to sync with Vitality:



## CONNECTING HEADSPACE TO THE APPLE HEALTH APP

- Download and install Headspace from the App Store®.
- If you do not wish to sign up for the premium trial, click X to exit.
- Go to the **Apple Health app** and then toggle the switch to the on position to allow access to your Mindful Minutes.
- To confirm that Headspace is ready to track your mediation sessions, on the Vitality Today app, go to More > Health app > Meditation > Connected Apps to check that Headspace is listed.



## CONNECTING CALM TO THE APPLE HEALTH APP

- Download and install Calm from the App Store.
- Select what brings you to Calm, then answer the questions presented to sign up. If you prefer to opt out of the free trial before paid subscription, click out on the X.
- Tap **More** in the bottom right corner of the Calm app.
- Tap **Settings**.
- Tap the **Apple Health toggle**.
- Enable **Mindful Minutes** for Calm within **Health Access** in the Health App.
- To confirm that Calm is ready to track your mediation sessions, on the Vitality Today app, go to **More > Health app > Meditation > Connected Apps** to check that Headspace is listed.



## USE THE BREATHE APP WITH APPLE WATCH

### Use the Breathe App with Apple Watch

For Apple Breathe, the longest session is five minutes. You need to complete more than one session a day,

#### To start a session:

1. Press the Digital Crown® to go to the home screen, then open the Breathe app.
2. Turn the Digital Crown to set the session's length.
3. Tap **Start** when you're ready. Remember to stay still while you breathe.

#### After completing your first Breathe session, enable mindfulness minutes for Apple Watch in the Health app.

1. Open Health app and tap **Mindfulness** on the home screen.
2. Click the bar for the last session of mindfulness minutes you completed.
3. Click **Data Sources and Access**, scroll to the **Apps Allowed to Read Data** section and move the toggle to the on position for Vitality Today. Confirm your Apple Watch is also listed under the **Data Sources**.