Vitality®

CONNECT WITH GOOGLE FIT

By connecting the Vitality Today app to Android's Google Fit app and confirming that you would like to share your steps data, you can earn Vitality Points for Light, Standard and Advanced Workouts (5K, 10K, 15K steps). You can also share active calorie events from your Android phone or Android Wear watch.

1 **Download and open the Vitality Today mobile app**
Already have the Vitality Today app? Make sure you have the most recent version to start sharing data!

2 **Tap on the left navigation on the app homepage**

3 **Tap "Apps and Devices"**

4 **Tap "Google Fit" and then "Connect Google Fit"**

5 **Choose the Google Gmail account you wish to link to Vitality Today**

6 **Allow Vitality Today to access your Google Fit app activity information.**
Steps taken and recorded up to 30 days prior to you connecting to Google Fit will be transferred to Vitality if you choose to share historical data.

7 **View your current data on the Google Fit app page of Vitality Today**

Each time you open the Vitality Today app, Vitality will pull up to seven days' worth of data from your Android device. Log into the app frequently to sync your activity!

STILL HAVE QUESTIONS?

On PowerofVitality.com navigate to Resources > Guide to Vitality > Linking to Vitality > Google Fit