



# VITALITY HEALTHYMIND

## Using Calm and Headspace meditation apps for Android

The Vitality HealthyMind™ program, through the Vitality Today® mobile app, rewards you for achieving a state of relaxation through mindfulness meditation to help improve focus, ease symptoms of anxiety and depression, and more. Earn Vitality Points® from using either the Calm or Headspace apps\* (or a combination of both) linked to Google Fit for Android phones. After you have downloaded Vitality Today from Google Play, here's how to sync with Vitality:



### CONNECTING HEADSPACE TO GOOGLE FIT

- Follow the prompts to link your Google account to the **Google Fit app**.
- Download **Headspace** from the Google Play Store and register if you don't have an account.
- Open **Headspace** and select your **profile** (located in the top left corner). Then select **settings** (located in the top right corner), then **Google Fit**.
- Toggle the **Connect Google Fit** switch to the On position so the Google Fit app can begin tracking your Headspace meditation sessions.
- On the Vitality Today app, go to **Menu > Google Fit > Meditation > Supported apps** to check that Headspace is listed. If it is, the Google Fit app is ready to track your Headspace meditation sessions.



### CONNECTING CALM TO GOOGLE FIT

- Download and install **Calm** from **Google Play**.
- Tap the **More** button in the bottom right corner of the Calm app.
- Tap **Settings** (which is the gear icon at the top left corner).
- Find **Save to Google Fit** and toggle the switch to the On position. Confirm that you'd like to save sessions to Google Fit.
- On the Vitality Today app, go to **Menu** (the three horizontal lines at the top left) and select "Google Fit." Then make sure the Meditation tab on the right is highlighted. Once on the Meditation tab, ensure that Calm is listed under "supported apps."

**Note:** You can use the basic Calm offering to earn Vitality Points and do not need to pay the premium membership fee. The premium membership offers a free trial. If you don't wish to start a premium trial, click the X in the top right corner of the screen to exit. The free version of Calm offers timed meditation options, breathing and sleep programs. Headspace offers a free trial for new users. After the free trial, you will have to pay for the premium subscription in order to continue earning Vitality Points for using Headspace.

Once your app is linked and your meditation minutes are detected by Vitality Today, you will automatically be awarded **10 Vitality Points** for each day that you complete a minimum of **10 minutes of meditation**. These do not need to be consecutive minutes. The maximum number of points you can earn is **200 points a program year**.

\* Some of the supported meditation apps may come with a subscription cost. To learn more, log in and navigate to [Resources > Guide to Vitality > Vitality Points > HealthyMind](#)