



Vitality Today

The mobile app that makes healthy choices a snap

Instant mobile access from your smartphone

The Vitality Today™ mobile application is designed for iPhone® and Android smartphone users. Whether you are at the gym, participating in an activity with colleagues, or out and about with friends or family, you can interact with Vitality on the spot! With easy navigation and access to many program features, you can stay better connected to your healthiest life with Vitality at your fingertips:

- Get updates on the Vitality program or messages from your employer through the Newsfeed.
- View the points you've earned.
- Check in on your selected goals and set new ones.
- Use the GPS feature to locate the nearest, most convenient gym in our Partner Gym network.
- Check in to your gym via GPS and track time spent working out to get Vitality Points™.
- Submit proof of completed activities for instant points (for example, upload a photo of your bib from a local walk or run).
- Earn points for working out with your iPhone or Apple Watch. Simply share your steps data from the Health app with Vitality Today.
- Leave feedback and rate the app.
- Take the Vitality Health Review™ (VHR).
- See the detailed results of your VHR and get your Vitality Age®.



Visit your App Store today and download Vitality Today to your Android or iPhone!

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