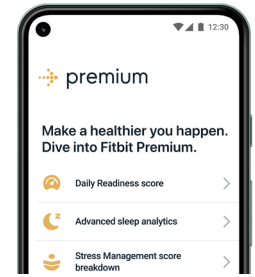
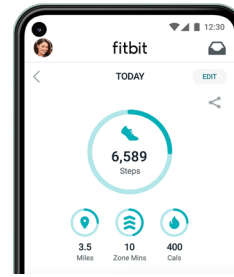




Go Premium

Get personalized health and fitness guidance just for you.



Features

Free Fitbit app

Premium

	Daily Readiness Score¹ Get a score each morning that lets you know if you're ready to work out or need to prioritize recovery.	—	✓
	200+ workouts Access the full collection of video and audio workouts from Fitbit and popular brands.	—	✓
	Sleep Score breakdown Find opportunities to improve your night with a detailed breakdown of your Sleep Score based on time asleep, Deep & REM stages and restoration stats.	—	✓
	Stress Management Score breakdown Dive deeper into the details of what's driving your free Stress Management Score so you can strengthen your resilience.	—	✓
	200+ mindfulness sessions² Listen to the full collection of guided audio tracks, including sessions from Calm, to help you relax your mind and wind down for sleep.	—	✓
	Health metrics trends for the past 90 days³ Go beyond your free stats from the past week and see a full month of trends and personal ranges across breathing rate, resting heart rate, heart rate variability, SpO2 and skin temperature variation.	—	✓
	Wellness Report Get a downloadable PDF summary of your activity, sleep, heart rate, weight and menstrual health stats for the past month, plus your annual trends.	—	✓
	Premium challenges Access special activity challenges that make reaching goals more fun.	—	✓
	Blood glucose trends⁴ Get a closer look at your blood glucose levels with advanced analytics that display your glucose trends over the past 30 days.	—	✓
	Advanced skin temperature details (Sense only) Get a deeper look at your sleeping skin temperature variation with a minute-by-minute breakdown that enhances the Sense experience.	—	✓
	Health and fitness stats Track activity, weight, sleep and nutrition with your tracker or watch and see your progress in the app.	✓	✓
	Basic insights Get general insights about activity, weight, sleep and nutrition.	✓	✓
	Intro fitness and wellness experiences Access a variety of introductory programs, workouts and mindfulness sessions.	✓	✓

Fitbit Premium only available in select languages. Content & features subject to change. Access these services in the Fitbit app. Fitbit app is only available for compatible Android and iOS devices. Internet connection required for use.

¹Daily Readiness requires a membership to Fitbit Premium. Premium content recommendations may be available in English only and not in all locales. ²Only available in English, Spanish, Portuguese, French, German, Japanese, and Korean. ³The Health Metrics dashboard and the metrics displayed in the dashboard are not available in all countries. Not intended for medical purposes. This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purposes. It is intended to provide information that can help you manage your well-being. ⁴The Blood Glucose feature is not a replacement for medical advice and is not intended to diagnose or treat any medical condition. It is intended to simply help you monitor and keep track of your information. You should talk to your healthcare provider for more guidance on blood glucose management. If you believe you are experiencing a medical emergency, call 911.