



Getting Started with Fitbit

Follow this guide to redeem your Fitbit!

Order Your Device Today

Follow the simple steps below to visit our company store and claim your new Fitbit device!



- 1 Visit www.fitbit.com/global/us/store/ahhealthierstatehouse/welcome or scan the QR code from your mobile device to go straight to the company store.
- 2 To get started, enter the alphanumeric access code given to you at the State House screenings.
- 3 Select the device(s) of your choice, proceed to checkout, and look out for an order confirmation email from orders@fitbit.com.



Set Up Your Device & Redeem Fitbit Premium

- 1 Download the Fitbit app
- 2 Follow the instructions in the app to activate your device
- 3 You will be automatically invited to join the **Fitbit Premium** program after you set up your device.

Questions?

If you have questions about ordering from the store or need assistance with your Fitbit device, contact our Fitbit Health Solutions support team:



Call 844-5-FITBIT (844-534-8248) or visit us online at help.fitbit.com/cwsupport



Getting Started with Fitbit

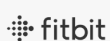


Get to know your Fitbit

- 1 Create goals.** Most Fitbit trackers allow you to set and adjust daily goal—such as activity, exercise, weight, hydration, food, and sleep targets— at anytime straight from your app [[How to set goals](#)]. Your daily progress towards these benchmarks can be seen on your dashboard. With certain devices, you can also set a “main goal”, which programs your tracker to alert you via lights and/or vibrations when you hit it.
- 2 Customize your dashboard.** The quick-glance tiles on your [Fitbit dashboard](#) aren't set in stone. You can add, delete, edit and rearrange them from your [app](#) and [fitbit.com](#) so they best support your needs and goals. More information on the Fitbit app can be found [here](#)!
- 3 Dive deep into your data.** The detail screen you're brought to when you click on a dashboard tile isn't static either. For many, you can scroll through the top panel to see more data analysis and even get one-week, one-month, three-month, and one-year averages.

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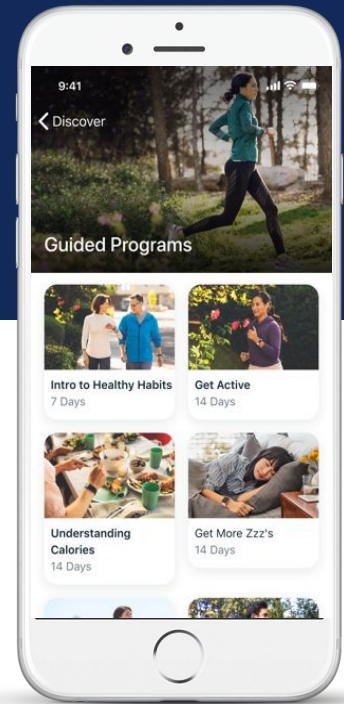
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Don't have a Fitbit? You can still use the app! Log your activity in the app or setup [MobileTrack](#)



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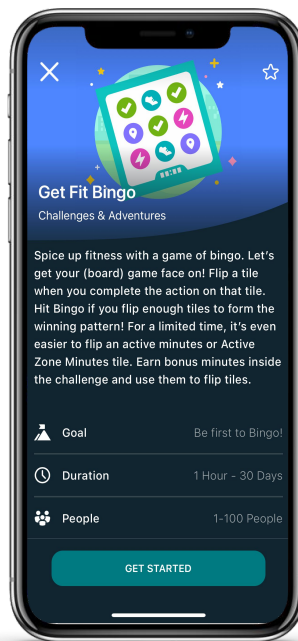
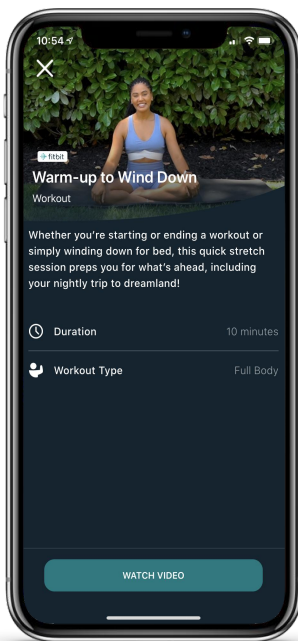


Get to know Fitbit Premium

Advanced Insights: Connect the dots to learn how your activity, heart rate and sleep impact each other. Plus, get a personal Wellness Report and keep a closer eye on your well-being by checking the 30-day view of your Health Metrics dashboard to see if there are changes to your skin temperature, heart rate variability, breathing rate, and more.

Guided Programs: Follow step-by-step programs to help you eat well, sleep better, and move more. Each one lasts a few weeks and keeps you accountable with check-ins and reminders.

Sleep Tools: See your Sleep Score breakdown to understand where you can improve, receive personalized insights about your sleep and follow guided programs to help you get better rest. Uncover new opportunities to improve your sleep by wearing your Fitbit to bed every night to reveal your Sleep Score each morning.



Games & Challenges: Invite any Fitbit friends - not just Premium members - to compete in special games and challenges that make reaching goals more fun.

Workouts: Stay motivated and mix up your routine with workout plans from Fitbit plus videos from Daily Burn, PopSugar, barre3, and more. Try your first Workout, such as our **Premium-Exclusive Workouts and Nutrition videos led by Ayesha Curry**

Stress & Mindfulness: Relax and unwind with a library of sleep sounds and guided meditations for stress reductions, restful sleep, body positivity, and more. Follow mindfulness programs and meditation sessions, including **Premium-Exclusive Programs by Deepak Chopra**

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