WHAT IS FITBUG?

Fitbug is your online health and wellbeing coach which uses the ‘Bug’, an accurate interactive pedometer which records your daily aerobic activity, sets you realistic targets and even offers you nutritional advice to help you reach your goals.

So, with Fitbug, you can earn Vitality Bucks just by getting on your feet! All you need to do is hit the daily target. So whether you walk to work, take the kids out to play, do the household chores or take part in more physically challenging activities like jogging or hiking, it could all make a difference. Just clip it to your belt or put it in your pocket and it will do the rest.

HOW DO I EARN VITALITY BUCKS®?

You are able to earn 10 Vitality Bucks when you reach 10,000 bug steps in one calendar day. The Bug will track activity for that day and accumulate all steps taken.

Please note: you cannot earn Vitality Bucks for a Polar workout and a Partner Health Club workout on the same day as a Fitbug workout.

HOW DO I UPLOAD MY ACTIVITY?

When you purchase your Fitbug, included in your package is an activation code and a USB connection. Connect your Fitbug and the USB connection to your computer and follow the prompts to set up your Fitbug user account. The setup includes installing the Bug Manager software and linking your Vitality ID to your user account.

You can choose how often you want to upload your activity but remember to upload your day every two weeks as the Bug cannot store more than 14 days worth of data.

WHAT ACTIVITY WILL THE “BUG” MEASURE?

The Bug tracks the most accurate activity when walking or jogging, however you are able to wear it while doing other movement (e.g. stair climber, elliptical, hiking, lunges as it has sensors that can measure movement).

Please note: The Fitbug is not waterproof and should not be used for swimming. If you are going to ride a bike with the bug, the best place to track maximum movement would be to place the bug in your sock.

WHERE CAN I PURCHASE A FITBUG?

You can purchase a Fitbug on the Vitality Mall using dollars. You are able to select the Full Membership for $89 or the Basic Membership for $45 with your Bug. These amounts exclude shipping.

If you purchase the Fitbug Full Membership, you will have access to an online coach, that’s been designed to help you achieve your weight, fitness and health goals within your everyday routine. With the Basic Membership you will not have access to the coaching section of the website but will still be able to upload and track activity to earn Vitality Bucks.

Important note: If you decide on the Basic Membership, remember to notify Fitbug before the 30-day trial period ends to avoid Fitbug charging your credit card for the full month-to-month membership fee.

For complete rules and details, visit www.powerofvitality.com

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the rewards under the Vitality™ program, call us at 877.224.7117 and we will work with you to develop another way to qualify for the reward.

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