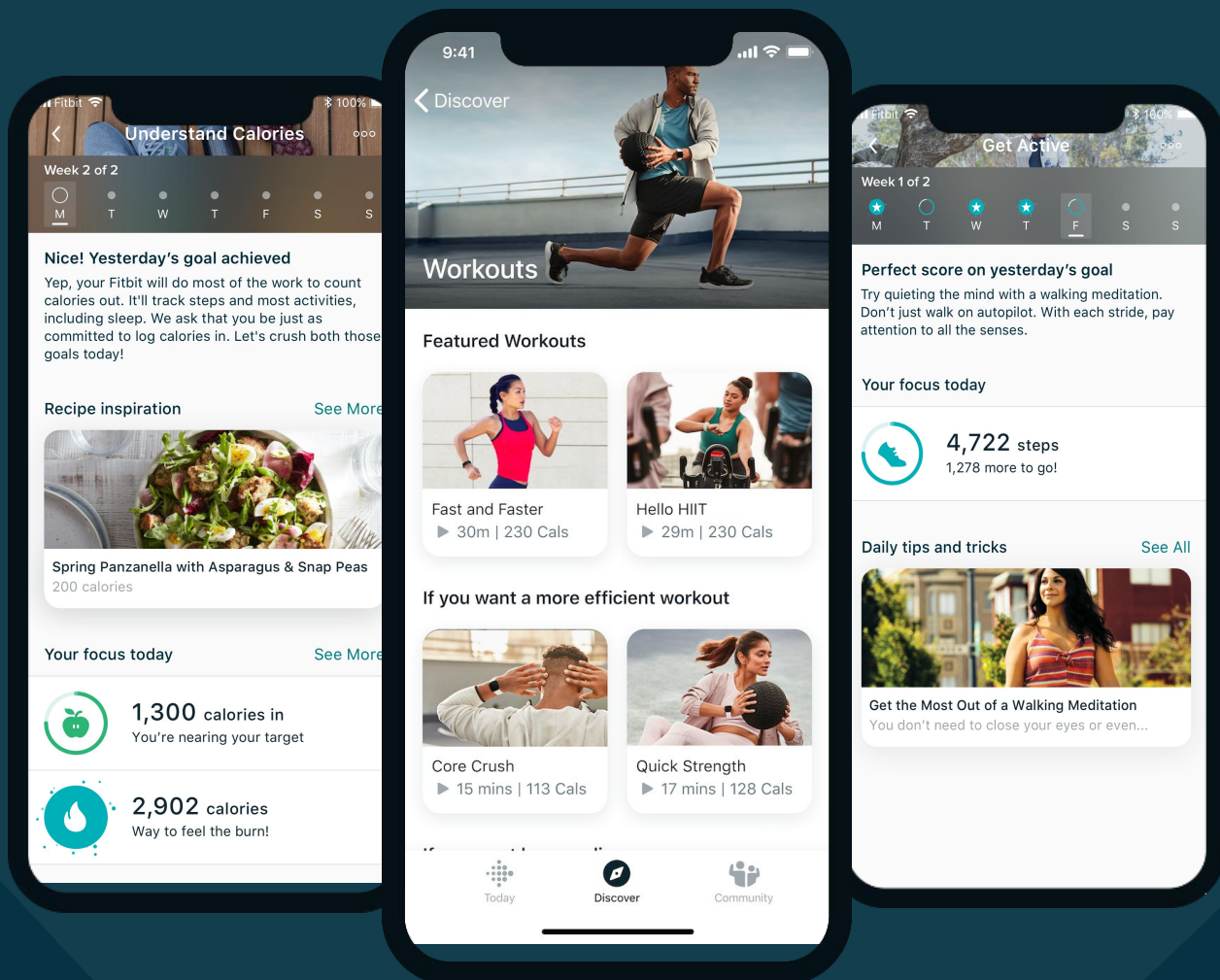




Health & Wellbeing Guidance, Right in Your Pocket

Get more from your data with Fitbit Premium, a health and wellbeing membership that turns the data from your wrist into insights about your wellbeing behaviors. The more you engage, the more personalized your guidance becomes.

Check out this guide for more details on all of the Fitbit Premium features you have access to, free through our company program!





Fitbit Premium: Games and Challenges

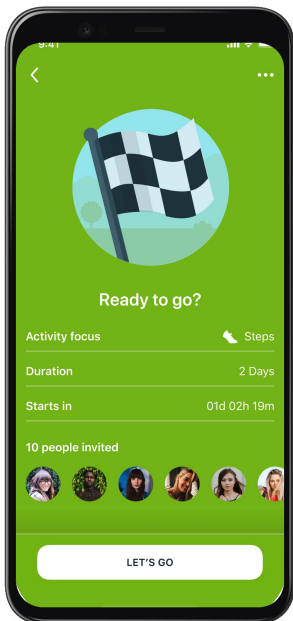
Challenge friends, family, or coworkers to some friendly competition using Premium Challenges and games including All for One and Get Fit Bingo!

To start, click on the Discover tab at the bottom of Fitbit app, find 'Challenges & Adventures' and click 'See All' for Premium Challenges.

Select your challenge to read the description and rules, then follow the prompts to customize and invite participants. When inviting friends, tap "My Company" to invite your colleagues. Tap "Let's Go" to get begin your challenge!

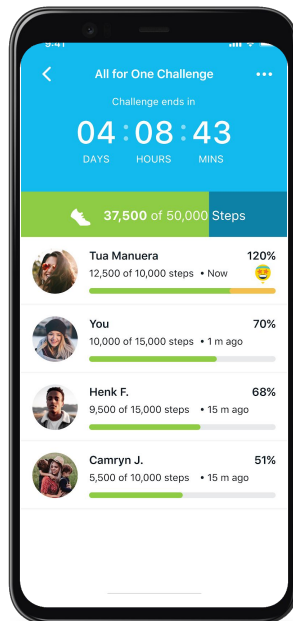


1 Custom Challenge (Steps, Distance, or Minutes)



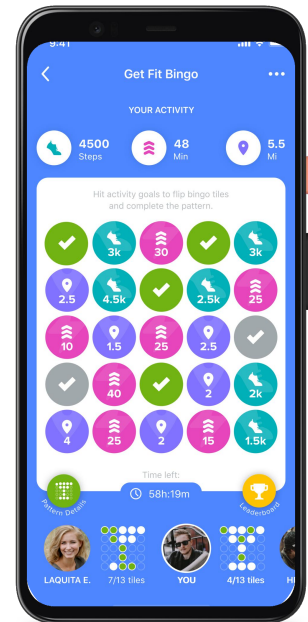
Choose your area of focus and compete with friends on steps, active zone minutes, or distance.

2 All for One (Steps, Distance, or Minutes)



Work together to achieve a team goal. Individual goals are automatically assigned.

3 Get Fit Bingo (Steps, Distance, & Minutes)



Start with a personalized bingo board and pattern to complete. The more active you are, the more tiles they can flip!

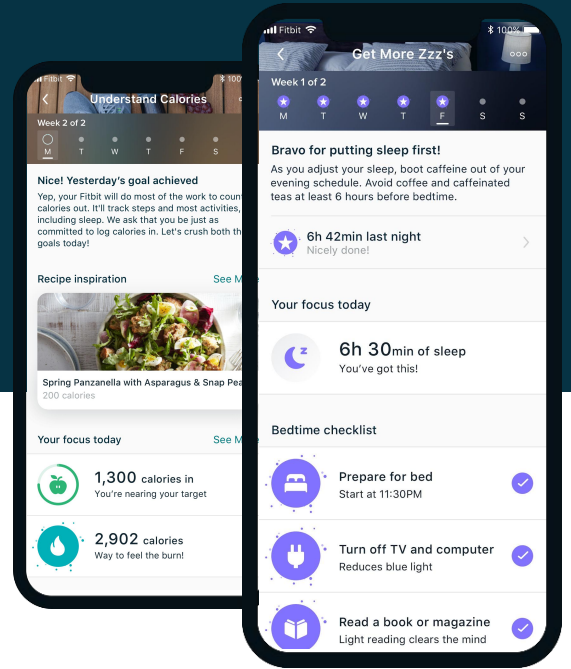




Fitbit Premium: Guided Programs

Right in the Fitbit app, access customized, step-by-step programs that guide you to eat better, move more, sleep well, and build healthy habits that last. All programs are highly personalized and based on your Fitbit data and goals. Each program lasts a few weeks.

To start, click on the Discover tab at the bottom of Fitbit app, find 'Guided Programs' and click 'See All'.



Introductory Programs:

- *Intro to Healthy Habits*



Sleep Programs:

- *Habits for Restful Sleep*
- *Get more zzz's*



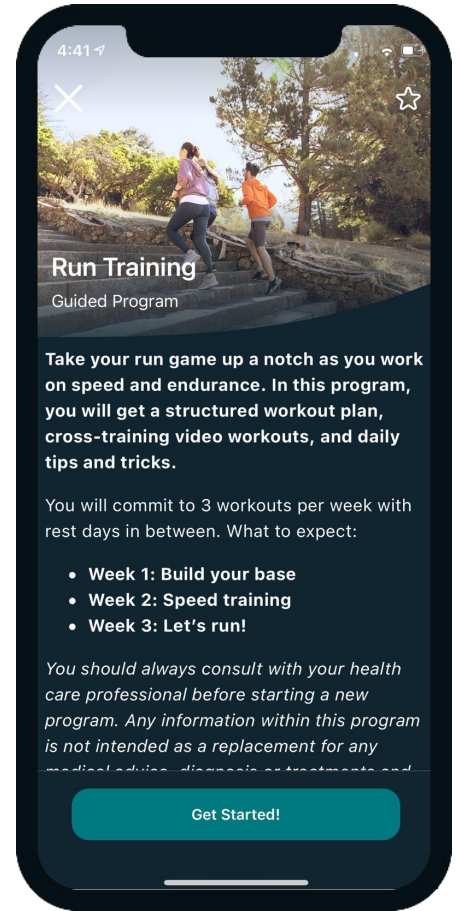
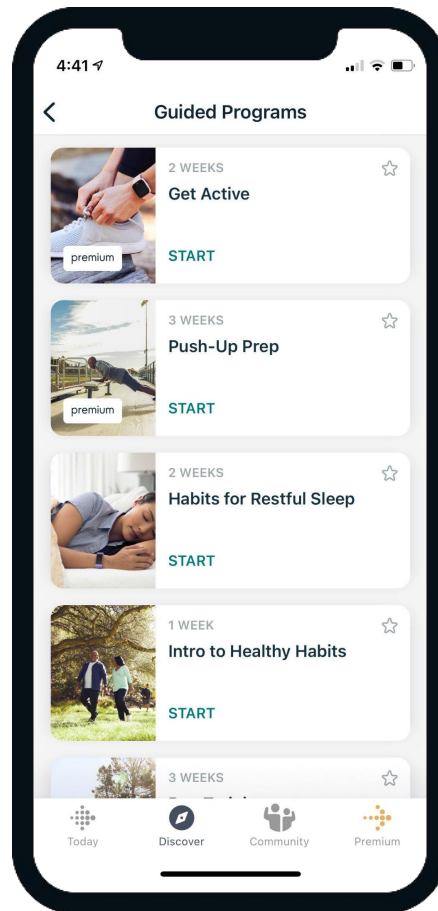
Activity Programs:

- *Get Active*
- *Beginner Running*
- *Run Training*



Nutrition Programs:

- *Understand Calories*
- *Kick Your Sugar Habit*
- *Kick Your Salt Habit*

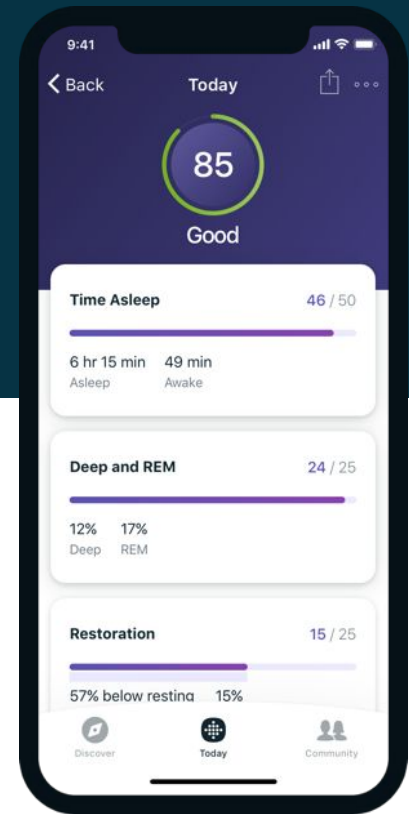




Fitbit Premium: Advanced Sleep Tools

Fitbit Premium's advanced sleep tools help you understand your sleep quality, form better habits and get personalized guidance to help you sleep better, have more energy and improve overall health.

To view, click on the sleep tile from the Today screen of the Fitbit app (make sure you wear your Fitbit overnight to track sleep data). Choose the date you would like to view and click into each tile for more details.



Time Asleep

Time asleep is 50% of your sleep score. It measures how close you are to hitting your sleep goal, which is different for everyone. Time asleep is your total time in bed, minus the time you're awake.

Keep in mind, it's normal to wake up a few times during the night, but waking up too often or being awake for long periods of time may impact your score.

Why it matters

More time asleep means more opportunity to touch on all the nourishing stages of sleep - light, deep and REM. Hitting that sleep goal can sharpen the mind, boost your mood and more.



Sleep Stages

Deep and REM is 25% of your sleep score. These 2 sleep stages clue you in to the quality of your rest. Together they help you unlock the restorative power of sleep.

You can't control deep or REM sleep. But you can adopt habits during the day that help put you in the sweet spot for both stages.

Why it matters

During deep sleep your muscles relax and repair themselves, blood pressure drops (that's a good thing) and energy is restored. REM is when you're likely dreaming, which is key for memory and mood.



Restoration

Restoration is 25% of your sleep score. It measures how peaceful or agitated you were during sleep by looking at your restlessness and sleeping heart rate.

Why it matters

Heart rate slows down during sleep. It's normal for your sleeping heart rate to be below your daytime resting heart rate for much of the night. Otherwise, something - a bad dream, perhaps - could be disrupting your sleep. Restlessness is how often you toss and turn. Less is better.

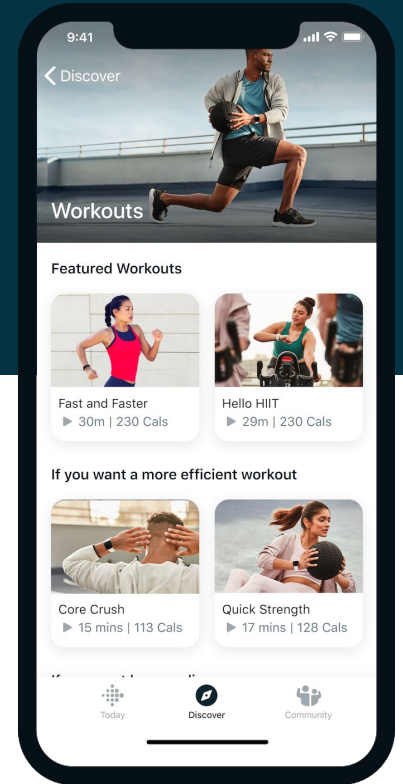




Fitbit Premium: Dynamic Workouts

Access thousands of video and audio workouts—and wake up to a new workout every day custom-made for you. As you give feedback, Fitbit Premium fine tunes your sessions and builds on your progress, providing the ideal challenge.

To start, click on the Discover tab at the bottom of Fitbit app, find ‘Workouts’ and click ‘See All’. Access your favorites or filter down to a specific workout type by using the top menu.



Workout Examples:



Cardio Dance Party

A high-intensity dance workout with modifications provided.



Push-Up Power

Learn proper push-up form and build upper body and core strength.



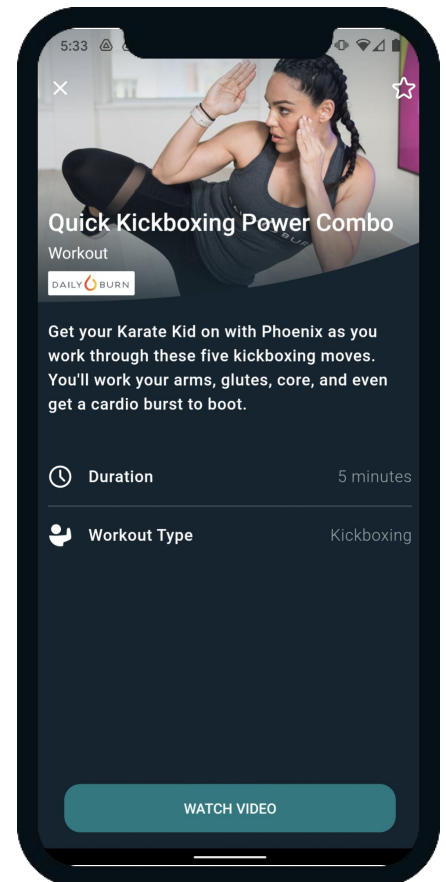
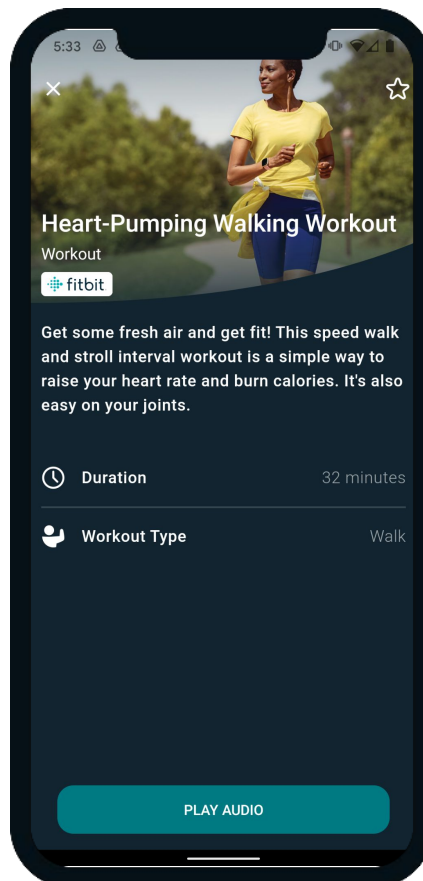
Legtastic

Build a fantastic foundation for your fitness routine with this butt-kicking workout.



Feel Good Restorative Yoga

Every movement in this restorative flow is assisted with an inhale or an exhale to calm or energize your nervous system while increasing your blood flow, mobility and flexibility.

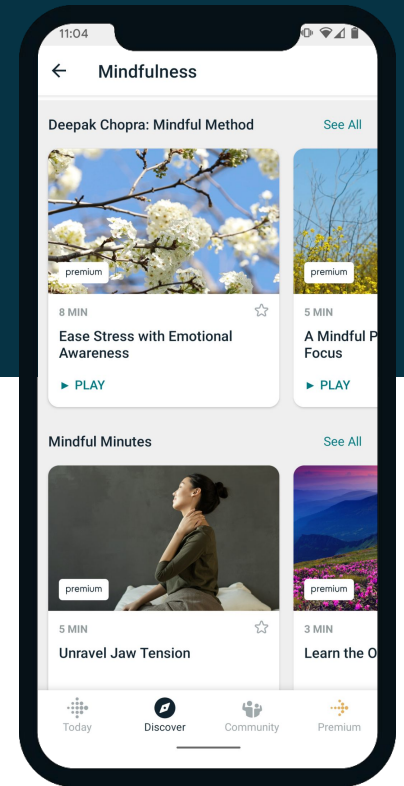









Fitbit Premium: Mindfulness

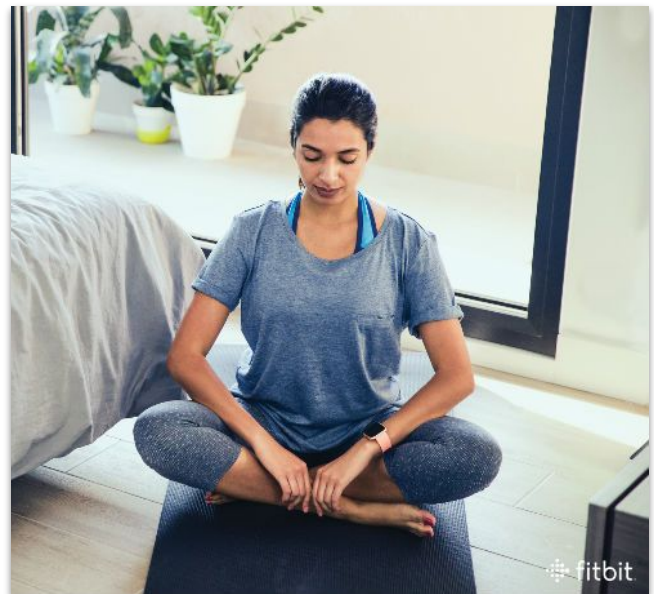
What is mindfulness? So much more than a mere buzz term of modern society, mindfulness is a practice, and existing more mindfully, a lifestyle. To elaborate, it is the practice of intentionally paying attention to the present moment, and making space to do so from a place of non-judgment.


To start your mindfulness practice, click on the Discover tab at the bottom of Fitbit app, find 'Mindfulness' and click 'See All'.



Mindfulness Categories:

-  **Deepak Chopra: Mindful Method**
A collection of ten sessions, including guided meditations, sessions to prepare for restful sleep, and techniques to help you cultivate a sense of happiness and optimism whenever you need
-  **Meditations for Sleep**
Release your body, breath, and mind to set yourself up for the deepest sleep.
-  **Meditations for Stress**
Soothe the body and mind's stress response, and feel lighter, brighter and more at ease.
-  **Mindful Meals**
Improve your digestive process while practicing being in the moment and savoring every bite.
-  **And many more!**



-  **Track and Manage Stress with your Fitbit device**
In addition to Fitbit Premium's mindfulness tools in the Fitbit app, you can also use your Fitbit device to start a breathing session using the Relax app.

Take advantage of the Stress Management and Mindfulness tiles on the Today screen of the Fitbit app to track your mindfulness progress.

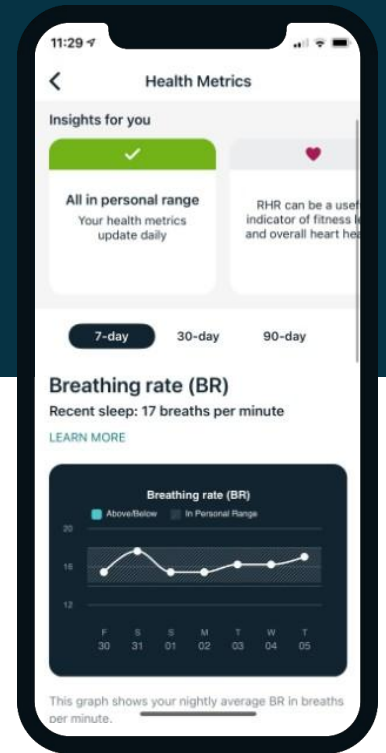




Fitbit Premium: Health Metrics

The Health Metrics dashboard* in the Fitbit app helps you track metrics like your breathing rate, resting heart rate, heart rate variability, oxygen saturation (SpO2), and even skin temperature—important information that can help you uncover trends and changes to your well-being.

To view, click the Health Metrics tile from the Today screen of your Fitbit app and adjust your date range: 7-day, 30-day, and 90-day.



1 Breathing Rate (BR)



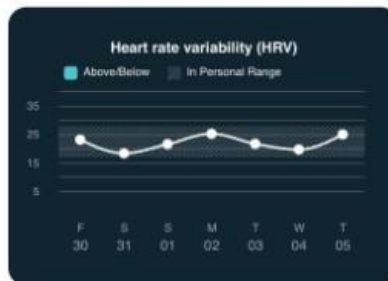
What is BR?

BR is the number of breaths taken per minute. The body usually adjusts BR to help you get enough oxygen. BR is typically 12-20 breaths per minute. In the graph, your latest BR measurement is from the longest sleep period over the past 24 hours. Only sleep periods greater than 3 hours are considered.

Why it matters

Tracking BR during sleep is valuable for monitoring overall well-being. Even a small increase in average BR during sleep could be meaningful.

2 Heart Rate Variability (HRV)



What is HRV?

HRV is the variation in the time between heartbeats. Even if your heart rate is 60 beats per minute, it doesn't mean your heart beats once per second. Your autonomic nervous system (ANS) determines the timing of each heart beat. HRV varies from person to person.

Why it matters

Studies show that a higher HRV is linked with better health. A significant drop in HRV may indicate your body is experiencing stress or strain or showing potential signs of illness.

3 Resting Heart Rate (RHR)



What is RHR?

RHR is the number of times your heart beats per minute when you are still and well-rested. We use your heart rate data from when you're both awake and asleep to estimate your RHR. RHR typically ranges from 60-100 bpm, but can vary based on age and fitness level.

Why it matters

RHR can be an important indicator of your fitness level and overall cardiovascular health. In general, active people often have a lower RHR.



Questions? Click [here](#) for more information. To access Fitbit Premium, join our program [here](#).

*This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purpose