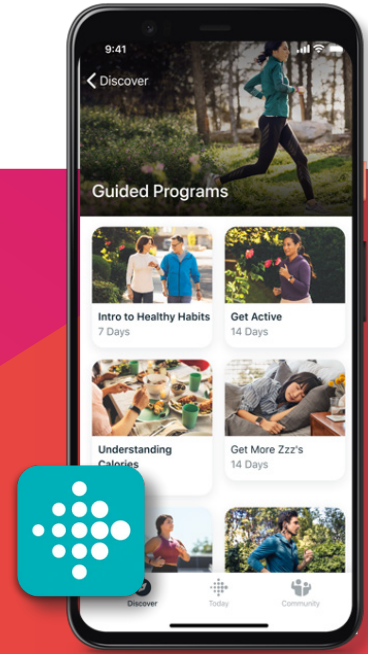




# Fitbit Premium

## Lifestyle program

Take care of your employees' health with Fitbit Premium. Give your employees access to hundreds of video and audio workouts, help them build healthier habits and calm their minds with guided programs and meditation tracks. Premium offers deeper, personalized insights about their health, all right in the Fitbit mobile app.



## FEATURES + BENEFITS

Advanced insights

Sleep tools

Workouts

Guided programs

Games and challenges

Stress and mindfulness

## SUBSCRIPTION



**12-MONTH PREMIUM  
SUBSCRIPTION**

- Advanced insights
- Guided programs
- Sleep tools
- Games and challenges
- Workouts
- Stress and mindfulness

## COMPLETION ACTIVITIES

Reach the next level of your best you with deeper, more personalized insights with Fitbit Premium. See how Premium connects the dots across your activity, sleep, nutrition and stress to help you uncover new information you may never have seen before. Use what you learn to make smarter fitness and wellness choices, plus get inspired with well-timed guidance, hundreds of workouts, advanced sleep tools, mindfulness sessions and more.

- Earn engagement rewards for completing at least one guided program, workout, mindfulness session or challenge per week
- Earn milestone rewards for completing a consecutive four-week streak of the weekly engagement activity