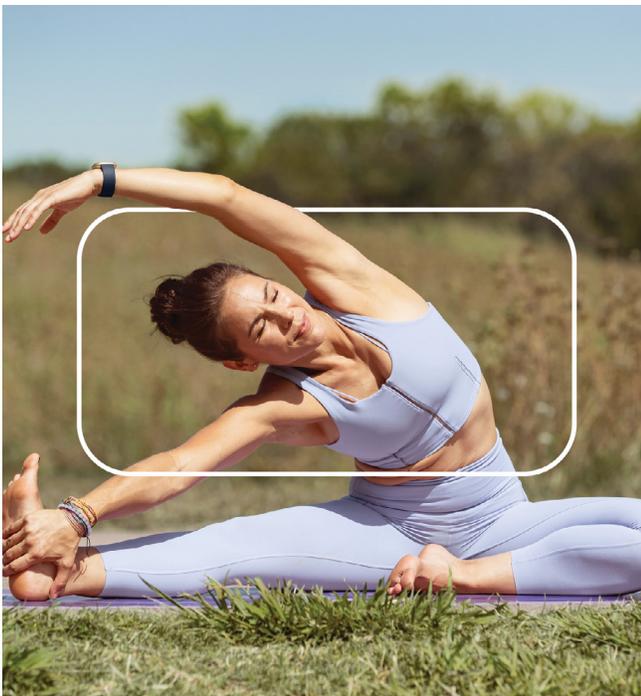
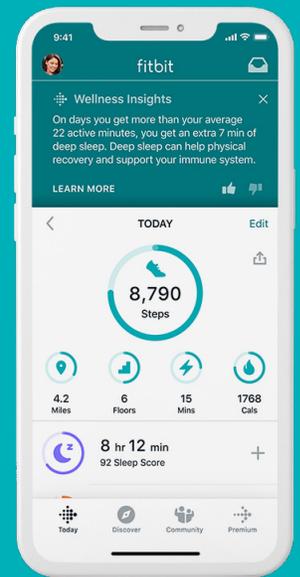


fitbit premium.

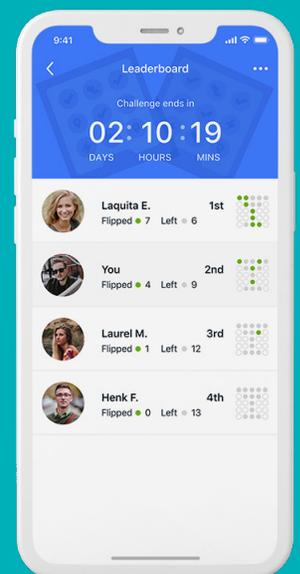
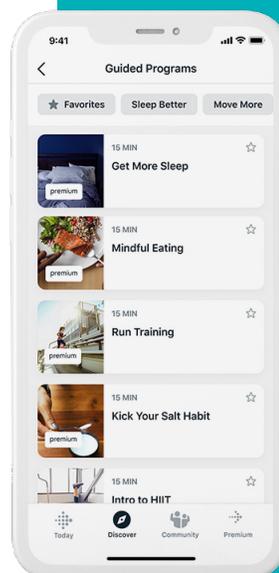
# Fitbit's digital health and wellness membership



Unlock a more personal Fitbit experience for your population with health and fitness programs, advanced insights, sleep tools and hundreds of dynamic workouts. Fitbit Premium helps connect the dots across activity, sleep, nutrition and stress to help your population uncover new information about their wellbeing.

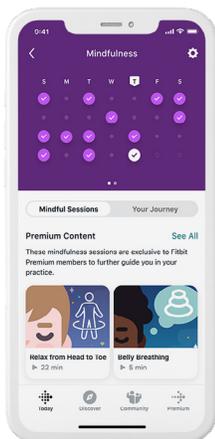


Users gain deeper, more personalized insights\* into their health & wellness, that connects the dots across their activity, sleep, nutrition and stress, with the guidance to help them improve their wellbeing, and new ways to get motivated.





No matter where someone is in their health journey or what their activity level, Fitbit Premium meets them where they are to support them in achieving their goals with:

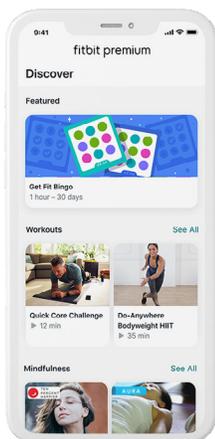


## Calming the mind, day and night

### Stress Management:

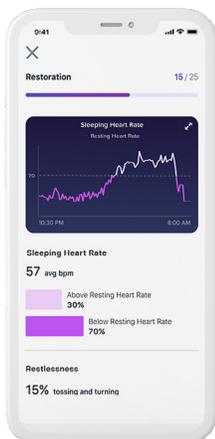
Detailed breakdown across responsiveness, exertion balance & sleep patterns to give your population a better understanding of their wellbeing.

**Mindfulness Content:** Help your population relax and unwind with a library of sleep sounds and guided meditations for stress reduction.



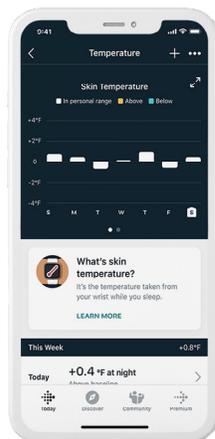
## Engaging & fun games

Customizable Premium challenges and games enable healthy competition and support social connectedness with colleagues, family and friends



## A better understanding of their sleep

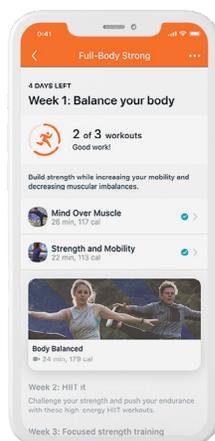
Sleep tools reveal detailed breakdown of Fitbit Sleep Score across sleep duration, sleep stages & restoration



## Deeper, personalized insights

Users can uncover new information about their well-being with deeper, more personalized insights around steps, active zone minutes, sleep, heart rate, and more to help connect the dots between their behaviors and wellbeing.

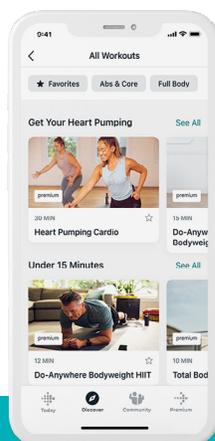
**Health Metrics dashboard\*\*** helps users easily track their breathing rate, resting heart rate, heart rate variability, skin temperature and more— to help uncover trends and changes to their well-being.



**Wellness Report^** lets users put their Fitbit stats to work with a personalized Wellness Report they can easily download and share.

## Step-by-step guidance

Guided programs help keep your population moving, eating well, sleeping better and stressing less



## Workouts, taken to the next level

Keep fitness fresh and fun with 200+ audio & video **workouts**, from HIIT to dance to yoga.

Learn more about Fitbit Health Solutions' personalized health and wellbeing experience for your population. Visit [healthsolutions.fitbit.com](https://healthsolutions.fitbit.com)

\* Free Fitbit App users see a 7-day view, Premium users see a 30-day view and will get notifications when they are out of range.

\*\*The 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.

^ User needs to wear device for 30 days prior to getting a report