

A Fitbug Cheat Sheet — Learn time-saving tips and tricks for using your Vitality Fitbug pedometer


Vitality Fitbug pedometer

The Fitbug is a great device to help get you in motion.

- If you're an employee and eligible for a McKesson medical plan (whether or not you're enrolled in a plan), you can order your Fitbug at no charge by logging on to the You. Even better. Healthcare Hub and clicking the Vitality link.
- If you're the spouse/domestic partner of an employee and you're covered under a McKesson medical plan, you can order the Fitbug at no charge by logging on to www.powerofvitality.com. (If you haven't already registered on the website, you will be asked to provide your (spouse/domestic partner's) name, birth date, email address and the last four digits of the employee's Social Security number.)



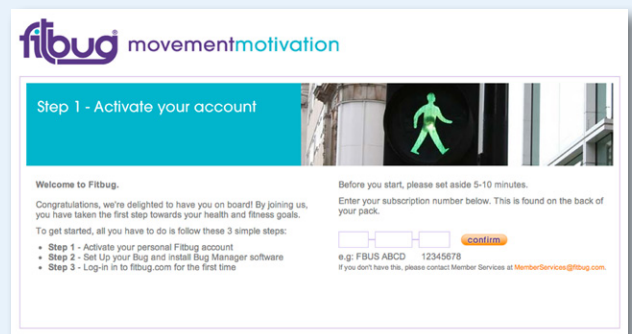
On the Vitality home page, select Free Fitbug and follow the prompts. (Or, click Fitness & Exercise under the Get Healthy tab, then select Learn More under Fitness Devices. Next, order your Fitbug by choosing Buy Now.)

 You'll receive your pedometer by mail in about a week. The pedometer allows you to track each step you take — take 10,000 steps in a day to earn Vitality Points.

Registering and setting up your Fitbug may take a little time, but it's necessary to unleash the full power of the device. Once you complete the setup, the Fitbug not only measures your steps, it allows you to upload your count directly to Vitality to earn your Vitality Points (see instructions below).

Register your Fitbug

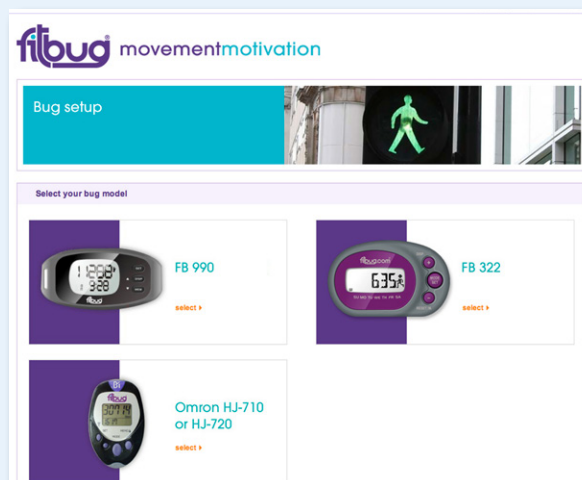
- Visit <http://usa.fitbug.com/start>.
- Enter the subscription number. This 16-character code can be found on the back of the Fitbug package. (If you no longer have the Fitbug package or box, call Vitality at 877.224.7117 or email wellness@powerofvitality.com.)
- Enter your 10-character Vitality ID number that begins with "VS" shown at the top of the Vitality website.
- Enter your dependent code, which is "00" for all McKesson employees and "01" for your spouse/ domestic partner.
- Complete registration details and enter/confirm contact information.
- Create a user ID and six-character password.
- Complete registration and accept terms & conditions.



2 Set up your Fitbug

- Visit <http://usa.fitbug.com/tools> and select your device.
- Review the set-up instructions and download the Bug Manager software.
- Set the time and enter your weight, stride length, age, and gender. (A calculator is available in the set-up instructions to help you determine your stride length.)

! *Be sure to set the correct time and day of the week. The Fitbug resets the step counter to 0 at midnight — if your Fitbug resets to 0 in the middle of day, the time is probably incorrect and you will lose points for that day.*



Always wear your Fitbug — the steps add up whether you're walking around a store, taking the kids to school, playing a round of golf, or doing housework. Any time you're moving your feet, you're on the right track to better health and earning Vitality Points.

3 Upload your steps and earn your Vitality Points

- Connect your Fitbug to your computer to automatically upload your information — you'll be awarded Vitality Points for each day that you record 10,000 steps or more.

! *Don't overload your Fitbug's memory — get credit for all of your steps by uploading your data at least once a week.*

- Your Vitality Points are posted to your account every evening. You earn 10 Vitality Points for each verified workout (such as taking 10,000 steps in one day), plus an additional 15 points for the first workout of the week and 40 bonus Vitality Points for the fifth workout of the week. It really pays to get that fifth workout in.

If you need to replace your Fitbug, check out the discount at the Vitality online mall. On the Vitality website, select Get Rewarded and click Fitbug under the Vitality Mall.

If you have a medical condition that makes it unreasonably difficult to achieve the standards required to earn Vitality Points, call 877.224.7117. Vitality will develop a program that meets your needs to earn Vitality Points.

Questions?

If you need help registering, setting up, or uploading your Fitbug, call Vitality at 877.224.7117 between 8 a.m. and 5 p.m. Central time or email wellness@powerofvitality.com with any questions.