

Fitbug Cheat Sheet

Need help getting started with your Fitbug pedometer? Read this.

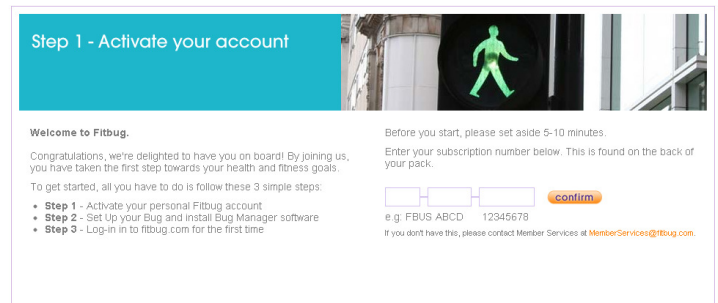
Here's a cheat sheet to help you start earning rewards with your Fitbug pedometer:

Step 1 — Register Your Fitbug

Registering and setting up your Fitbug may take a little time, but it's necessary to unleash the full power of the device.

To register your bug, go to <http://usa.fitbug.com/start>.

Helpful Hint: When it asks you to enter your "dependent code," enter "00" for all McKesson employees and "01" for your spouse / domestic partner.



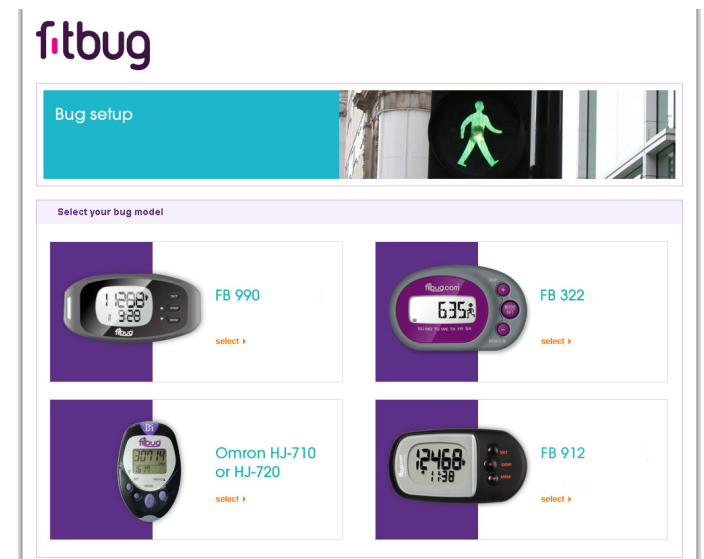
Step 2 — Set Up Your Fitbug

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 to help you determine your stride length.)

Helpful Hint: 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 the day, the time is probably incorrect, and you will lose points for that day.



Step 3 — Upload Your Steps and Earn Vitality Points

Once you complete the setup, the Fitbug not only measures your steps, it allows you to upload your count directly to Vitality to earn points.

Connect your Fitbug to your computer to automatically upload your information. 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.

Helpful Hint: It really pays to get the fifth workout in. You'll receive a whopping 40 bonus points for the fifth workout of the week.

Need help? Contact Vitality at 877.224.7117 or wellness@powerofvitality.com if you have problems or questions.