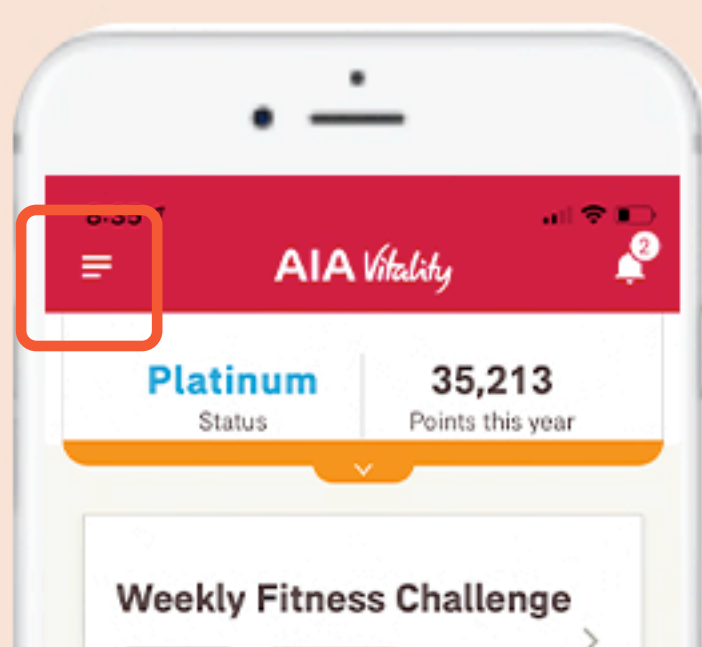


HOW TO LINK YOUR GARMIN DEVICE TO AIA VITALITY

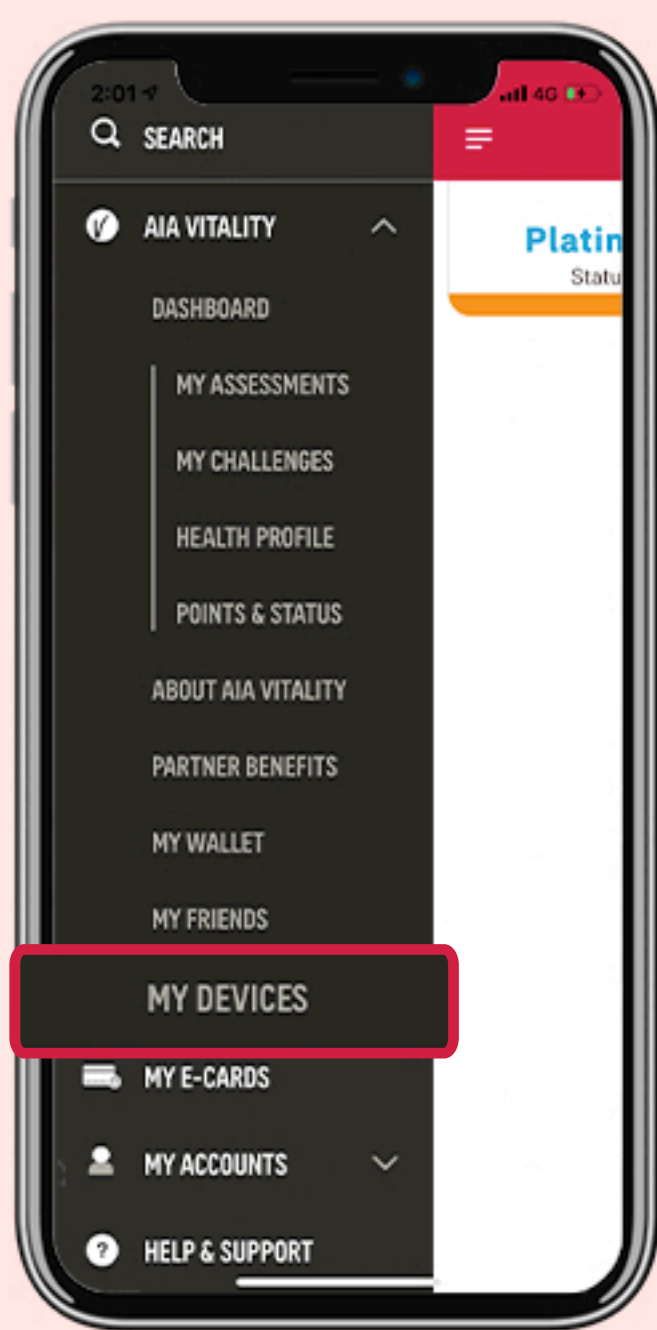
STEP 1



CLICK ON “**NAVIGATION MENU**”

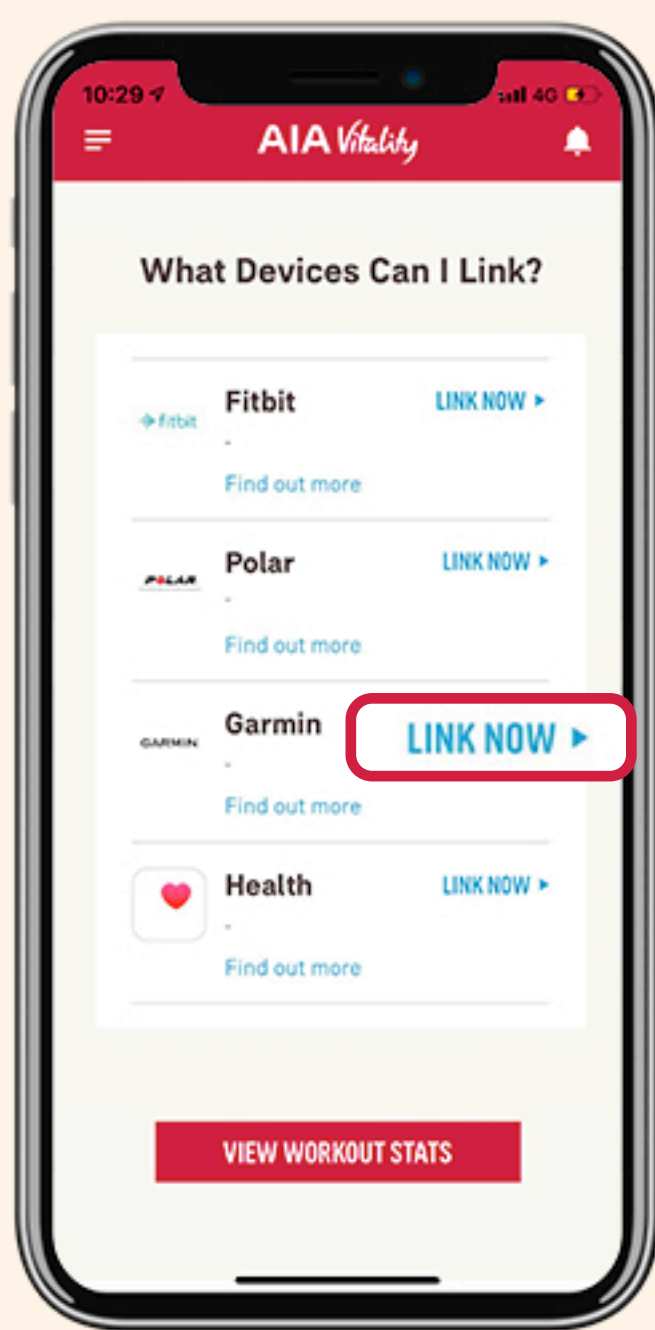
STEP 2

CLICK ON “**MY DEVICES**”
IN THE NAVIGATION MENU

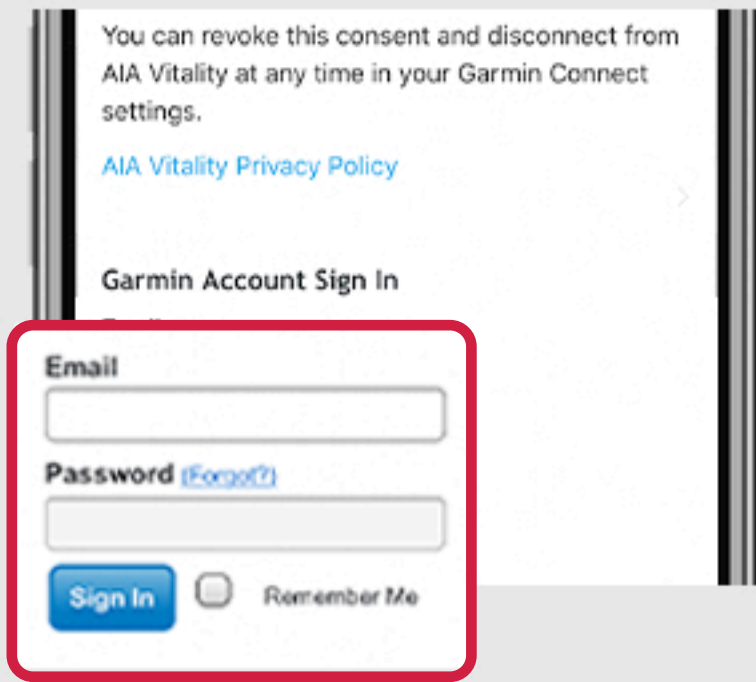


STEP 3

CLICK ON “**LINK NOW**”
NEXT TO THE **GARMIN** ICON



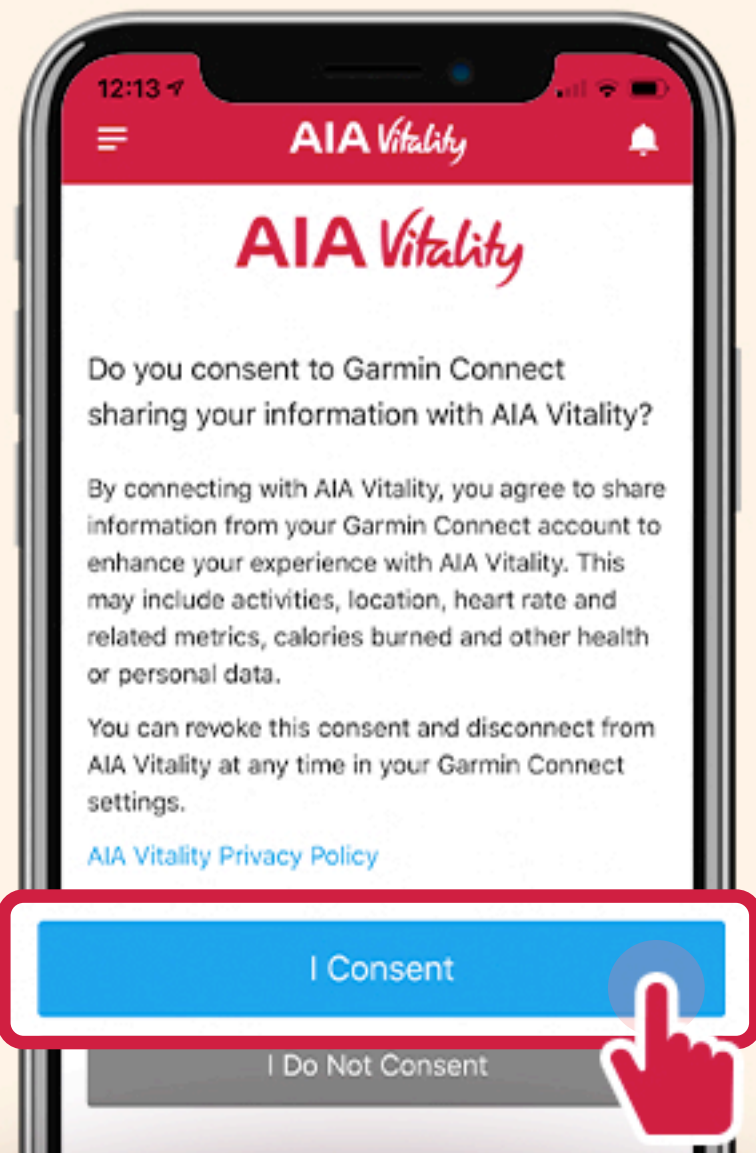
STEP 4



ENTER YOUR **EMAIL ADDRESS**
AND **PASSWORD** TO LOG IN
YOUR GARMIN ACCOUNT

STEP 5

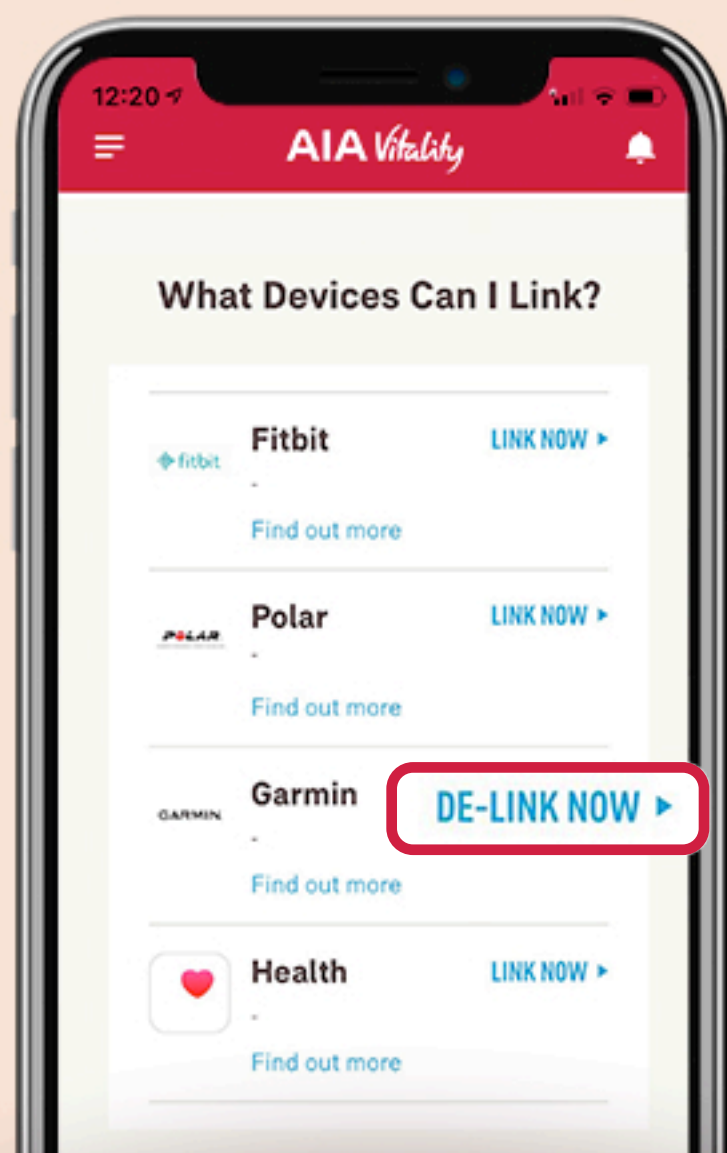
CLICK ON
“**I CONSENT**”



It is important that you give permission to AIA Vitality to access your fitness data in order for your points to be synced.

STEP 6

YOU HAVE **SUCCESSFULLY LINKED**
YOUR GARMIN DEVICE TO AIA VITALITY



The "link now" button will change to "de-link now" once your device is successfully linked.

USEFUL TIPS



TURN ON **MOBILE DATA**

Remember to turn on the mobile data for your fitness app in order to track your workouts and allow AIA Vitality to receive your fitness data for points syncing.

To ensure that your workouts are **synced accurately**, please track your workouts with one of the following supported fitness apps or devices and **link it directly** to the AIA Vitality app:

FITNESS DEVICES / APP	HEART RATE (For devices with heart rate monitor)	SPEED	STEPS
Fitbit	Y	Y	Y
Garmin	Y	Y	Y
Polar	Y	Y	Y
Health App	N	N	Y
Apple Watch (via Health App)	Y	N	Y
Samsung Health	N	N	Y
Samsung Gear (via Samsung Health)	Y	N	Y

*Please note that AIA Vitality does not accept fitness data from other third party devices linked to the above fitness apps or devices. AIA Vitality does not accept or award points for manual input of health data.