Did you know there's an app for that? Track your workouts using HumanaFit

HumanaFit is a **free** app that syncs directly with HumanaVitality.com to track your outdoor workouts and nutrition habits. You can use it to earn your daily fitness activity Vitality Points™ when you burn more than 200 calories in a given workout.

HumanaFit uses the built-in GPS technology of your smart phone, so tracking workouts is as easy as grabbing your phone, starting a workout on the app, and moving.

So, how does it work? Follow these steps:
1) Download HumanaFit from iTunes or Google Play
2) Launch HumanaFit on your smart phone
3) Log in with your HumanaFit.com user ID and password
4) Make sure your height/weight is recorded in your HumanaFit Profile
5) Select "Record a Workout"
6) Select "Start", after your workout is complete select "End"
7) Select "Save" and choose your type of workout
8) Your workout will automatically sync with your HumanaVitality account to award you points if you burned over 200 calories.

HumanaFit now includes all of these great features:

✓ Real-time tracking that measures and displays time, distance, pace, speed and elevation
✓ An interactive map that lets you view your current location and exactly where you have traveled along your route
✓ Synchronization with your online 'Training Log' on HumanaFit.com
✓ Social media integration that enables you to share your workout data with friends and family
✓ Voice feedback detailing distance, pace, or speed information. Get your run data in real-time through your headphones.
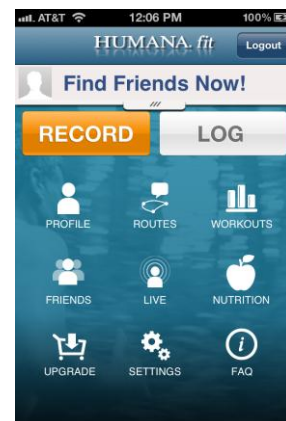
The app now provides even more capabilities!

ANT+ support to monitor:
- heart rate
- stride
- cadence
- power

The HumanaFit app is free and available on iTunes and Google Play

Download your app today and get started on your personal path to increased physical activity!

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Humana *Vitality*®