

# STEP CHALLENGE

## Need a fitness tracker for a step challenge? The Kentucky Employees' Health Plan recommends these devices.

You can get fitness devices through the HumanaVitality Mall using Vitality Bucks (or a credit card if you do not have enough Vitality Bucks). Actual prices for devices are dependent on your Vitality status. You can also buy them at many retailers. Be sure to check if a device will work with your computer or phone before purchasing.

What are you more comfortable using?

A computer or a smartphone?

### Computer or smartphone

These devices work with a computer with internet access, and a software download, OR a smartphone.

#### Fitbit "Zip"

HumanaVitality  
"Bucks": 4,055  
Average retail: \$49



Clips to your clothing. Tracks steps, distance, calories burned, and active minutes.

#### Garmin "Vivo Fit"

HumanaVitality  
"Bucks": 8,000  
Average retail: \$85



Tracks distance, steps, calories burned, sleep activity.

#### Fitbit "Flex"

HumanaVitality  
"Bucks": 7,095  
Average retail: \$79



Tracks distance, steps, calories burned, sleep activity.

### Smartphone

#### Smartphone app

HumanaVitality  
"Bucks": 0  
Average retail: \$0



Try the "Moves" app. If you have an iPhone, you could use the "Apple Health" app, too. Search for them in your app store.

#### Fitbug "Air"

HumanaVitality  
"Bucks": 1,850  
Average retail: \$49



Clips to your clothing and tracks your steps.

### Computer

This device requires a computer with internet access, and a software download.

#### Humana "G2"

HumanaVitality  
"Bucks": 1,850  
Average retail: n/a



Clips to your clothing and tracks your steps. If you've taken the Vitality Health Assessment and never redeemed any Vitality Bucks, you should have enough to get a G2 pedometer.