

# Get a Fitbit activity tracker at no extra cost



Track your steps on Walkadoo with a Fitbit activity tracker

Join Walkadoo

It's now easier to be more active with Walkadoo®, a smart way to get moving. As part of your Trio HMO plan, you can get a Fitbit® activity tracker at no additional cost when you sign up for the wellness program. Walkadoo helps you make a move toward better health with daily step goals and challenges.



### Order your activity tracker

Subscribers can request a Fitbit activity tracker by signing up for Walkadoo. If you already have a Walkadoo account but need a tracker, simply log in, click on settings, and request your new step tracker. Limit is one tracker per subscriber per year.

# trio

Register or sign in at [mywellvolution.com](http://mywellvolution.com) to get started.

Walkadoo is a registered trademark of MYH, Inc.

Wellvolution is a registered trademark of Blue Shield of California. Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.

Blue Shield of California is a nonprofit health plan and an independent member of the Blue Shield Association.



Blue Shield of California complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Blue Shield of California cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Blue Shield of California 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。