

**VA****U.S. Department  
of Veterans Affairs**

# News Release

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**WASHINGTON** — The U.S. Department of Veterans Affairs (VA) announced today a new initiative with Fitbit that will provide eligible Veterans, caregivers and VA staff with access to Fitbit programs and services to help manage stress, improve sleep and increase physical activity during the COVID-19 pandemic.

The initiative will be focused on participants who currently use Fitbit devices.

VA has contracted with Fitbit to initially provide 10,000 eligible Veterans, caregivers and VA staff a one-year free membership to Fitbit Premium. This includes access to guided programs, hundreds of workouts, mindfulness content, a wellness report and a health metrics dashboard. Participants will also have access to Fitbit Health Coaching, one-on-one coaching and guidance from a certified health coach or licensed health professional.

Eligibility will be based on various factors such as whether an individual is a Veteran, already a Fitbit user and their location. Additionally, some Veterans who currently receive VA health care may be eligible to receive a Fitbit Sense, Fitbit's most advanced health smartwatch.

"This initiative is an example of the way VA is successfully adapting to the COVID-19 pandemic," said VA Secretary Robert Wilkie. "It also ensures the department continues to provide efficient, quality and timely care."

VA is also working with Veteran service organizations and community-based organizations to explore how wearables and other digital health technologies can help Veterans and VA health care teams meet their health care needs.

As VA and Fitbit assess the feedback from the program and the outreach efforts, they will consider new ways to help support the health and wellbeing of Veterans. To learn more about the initiative and eligibility, visit [Fitbit Health Solutions](#).

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