

Fitbit Premium 101

An overview of everything you have available with Fitbit Premium through your enrollment in Fitbit Care!



Advanced Sleep Tools

- Sleep Score Breakdown
- Sleep Restoration
- Sleep Analytics
- Sleep Profile



Stress Management

Stress Management Score breakdown based on Responsiveness, Exertion Balance, and Sleep Patterns



Health Metrics Dashboard

- View your Breathing Rate, Heart Rate Variability, skin Temperature, and Resting Heart Rate trends
- View trends over 7, 30, and 90 days



Wellness Report

- Download a custom report of your health trends over the last 30 days and the last year
- An easy-to-read overview of your health data, including stats and charts about your heart health, weight, sleep, and activity.
- Includes expert guidelines to help you understand your health metrics, so you're ready to start a better conversation with your doctor.



Daily Readiness Score

A score that tells you how ready your body is for exercise on a given day based on your activity levels over the past month, accumulated sleep over the past week, and heart rate variability during deep sleep



Mindfulness

200+ sessions & soundtracks for sleep, stress, focus & more



Workouts

200+ audio & video workouts from HIIT to dance to yoga

Questions? Click [here](#) for more information or click LEARN MORE in each feature in the Fitbit app.