

# IT'S COMPETITION TIME!

**Download the My Healthy Advantage app today for your chance to win a Fitbit.**

The My Healthy Advantage app is the ultimate to help you improve your mental and physical wellbeing.

Once downloaded you'll have access to a range of features including:

- Video podcasts
- Breathing exercises
- Recipes
- Meditations
- Fitness videos
- Blog posts

To enter simply scan the QR code, download the app and follow the instructions to create your account – you will automatically be entered into the draw

This competition also applies to existing users.

