The Fitbit Wellness Program is a partnership between the Sunset Empire Park & Recreation District, Providence Seaside Hospital and the Columbia Pacific CCO. Our project goal is to lower blood pressure, cholesterol and body mass index (BMI) among the 45 project participants who are current members of the Oregon Health Plan (OHP). To reach the goal, we are providing motivational support to increase the level of physical activity and a dietary education component. Each participant will be issued a wearable fitness tracker, which will help to provide important data to be used during our program evaluation. Health survey and blood chemistry data will be collected during both the pre-project and post-project phases, which will also be used to evaluate the program's impact on our goal.