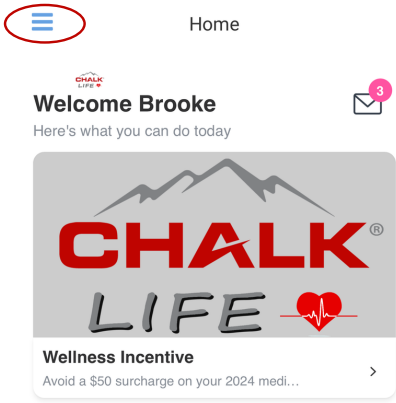


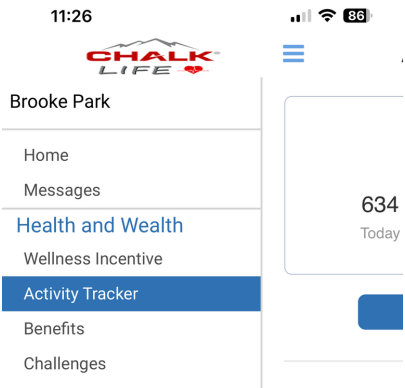


Activity Tracking- Mobile Health App

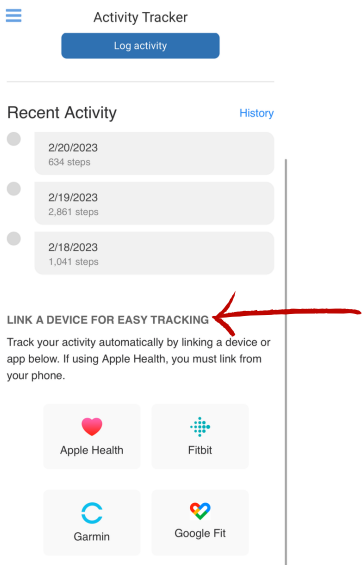
1. Once you have logged into the app, click to open the Menu



2. Click Activity Tracker



3. Scroll down to see the list of available apps and devices to link to your account



All set!



Activity Tracking- Mobile Health Online

Note: Apple Health App can only be linked on your Apple Mobile Device

1. Once logged into your account, click Activity Tracker

Brooke Park

Home

Messages

Health and Wealth

Wellness Incentive

Activity Tracker

Benefits

Activity Tracker

Steps

634

Today

84,006

Since Nov 22, 2022

Log activity

2. Scroll down to see the list of available apps and devices to link to your account

Activity Tracker

Steps

634

Today

84,006

Since Nov 22, 2022

Log activity

Recent Activity

History

2/20/2023

634 steps

2/19/2023

2,861 steps

2/18/2023

1,041 steps

LINK A DEVICE FOR EASY TRACKING

Track your activity automatically by linking a device or app below. If using Apple Health, you must link from your phone.

Fitbit

Garmin

Google Fit

All set!