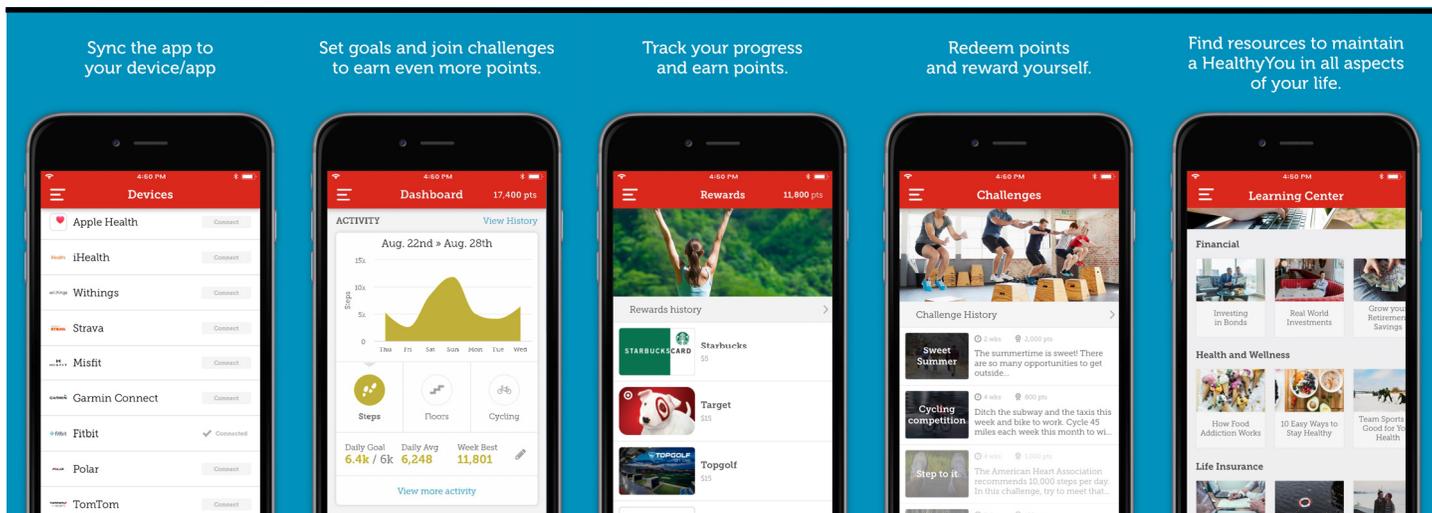


HealthyYou is currently being tested with a closed focus group. Only those who have received an invitation will be eligible to redeem points for rewards.

Introducing a new way to track the progress of your health and fitness, and get rewarded for your healthy lifestyle!



You may already use apps like Apple Health, Google Fit, Fitbit, or Garmin, for example. Don't worry, *HealthyYou* doesn't replace those apps—it simply connects with them and enhances your experience.



It's easy to start.

1

Join

Use the links below to download the *HealthyYou* app from either Apple's App Store or the Google Play Store. Open it and click "Create an Account," enter your info, and sync your fitness device or app.

(You may need your fitness device or app login information)

2

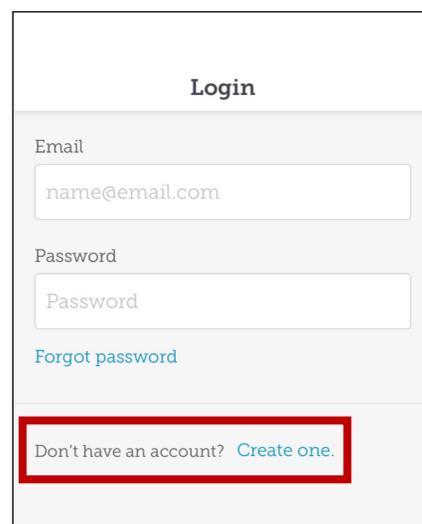
Earn

Get points for setting and reaching goals, completing challenges, and taking part in activities (polls, quizzes, reading articles, etc.).

3

Shop

Redeem points for gift cards and shop for your favorite stuff!



No risk, all reward.

There's no impact on your policy or account, and no obligations or cost to participate.

HealthyYou FAQ

- **How do I connect a device or app?**

1. On the *Devices* page, scroll through the list of available options and select **Connect**.
2. You'll be temporarily redirected from the mobile app to a browser to log into your device or app. Enter your User ID and Password. Confirm the data categories you wish to share with the *HealthyYou* app and select **OK**.
3. You'll be returned to the *HealthyYou* app and can confirm your device is connected. Data for the current day will populate on the dashboard screen.
4. Connect as many different fitness apps and devices as you use for various types of tracking (scales, heart rate monitors, step counters, etc.).

- **Why don't I see my data after connecting?**

Make sure your data is correct in the device app you are using. It's possible that your devices have lost connection or are not adequately charged/powering.

- **I'm having trouble connecting my device.**

Make sure you are using the correct device credentials. On the device login screen, you must enter the credentials from your device account. For example, if you are trying to connect *Fitbit*, you need to enter in your *Fitbit* credentials.

- **How do I enter my weight for a weight loss challenge?**

First, you need to connect a smart scale to your device user account. Once the device is connected, you can add it to the *HealthyYou* device screen.

- **I climbed 20 flights of stairs today but only see 10 in my app. Why?**

Depending on your device or fitness app, you may need a specific elevation change to show that you have climbed a floor. For example, *Fitbit* requires an elevation change of 10 feet.

- **What happens if I miss a stage of a challenge?**

You will miss out on the points for that stage, but you can often make up for it during the next stage.

- **Can I work ahead to complete other stages?**

Challenges are available at specific times and cannot be completed ahead of time.

- **Can I make up for an incomplete challenge?**

Unfortunately, once a challenge has passed it cannot be made up.

- **Can I join more than one challenge?**

You can join as many challenges as are available on the *Challenges* page.

- **How can I earn points?**

Points can be earned by completing daily goals and challenges. You can also earn points by completing quizzes,

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Program terms and conditions apply. May not be available in all areas or to all policy types. Data security and privacy will keep your information secure.