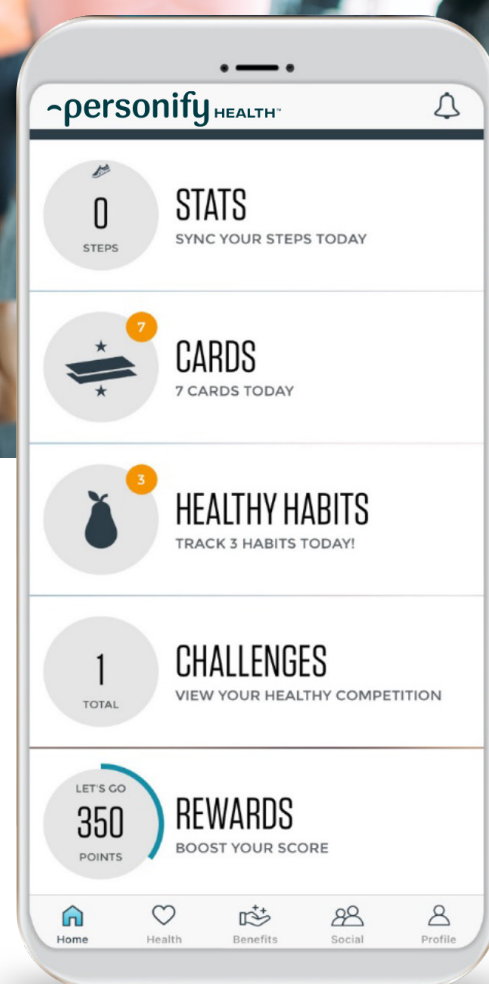


THE PERSONIFY HEALTH MOBILE APP KEEPS YOU ON TRACK



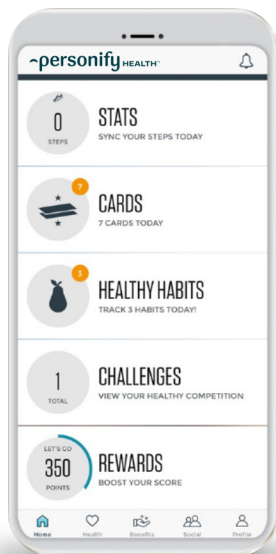
Wherever you are, keep challenging yourself — and your coworkers, family and friends — with the convenient Personify Health mobile app.

Getting started

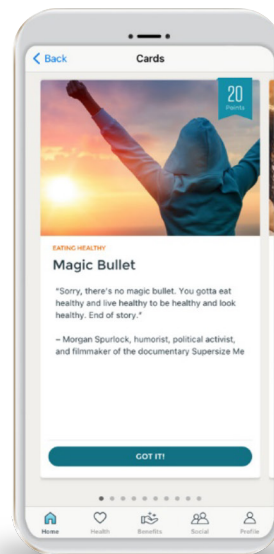
Before you download the app, you must enroll in Personify Health. Log in to your **My Health Toolkit®** account on your computer and select **Wellness & Care Management**, **Wellness Programs**, then **Personify Health**. Or from the My Health Toolkit app, select **Benefits**, then **Personify Health**.

Already have a Personify Health account?

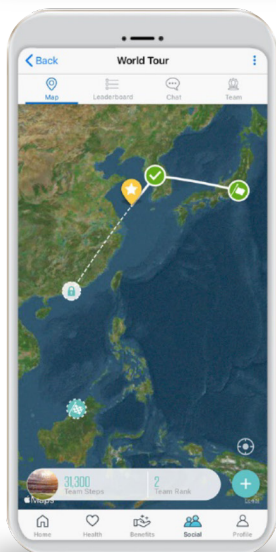
Download the Personify Health app from the App Store or Google Play. Use your Personify Health username and password to log in.



Turn on mobile alerts for the Personify Health app in your phone's settings so you don't miss out on fun challenges and other opportunities.



The mobile app puts the best features of the Personify Health program right in the palm of your hand. Access your account anywhere, anytime, and keep track of your progress and achievements.



Use the mobile app to track your progress and milestones, sync your steps from your fitness tracker, get daily well-being tips, compete in team and individual challenges, and more!

