

MYWELLNESS APP

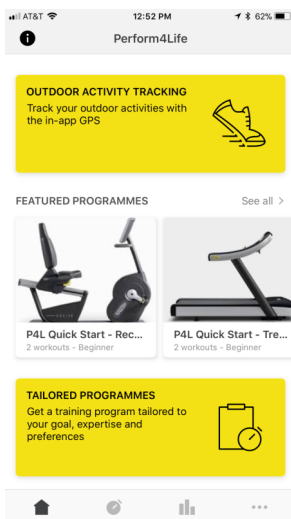


DOWNLOAD THE APP

- Log into the Perform4Life Wi-Fi Network.
- The password is **wireless**.
- Download the mywellness app and log in using the email address that was used to create your profile.
- Ensure that location services are turned on and activated as “always” for the app.
- You may receive an email as an invite to participate at Perform4Life. Acknowledge this email by following the link.

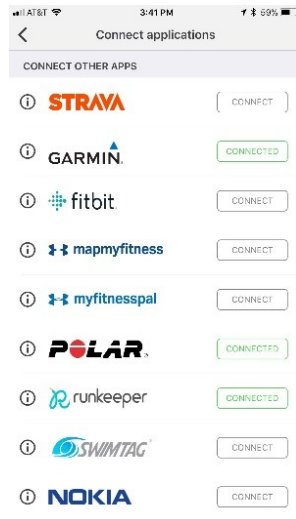
WHY USE THE APP

- Follow the guided workouts with ease and confidence. Track your activity inside the facility as well as outside.
- Participate in challenges and win prizes.
- Monitor your progress as you gain experience using a variety of workouts create specifically for you!



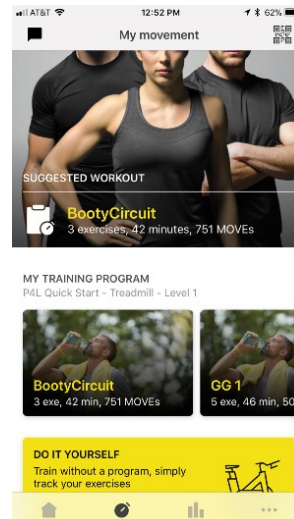
HOME PAGE

- Track outdoor activities.
- Participate in our Quick Start Programs.
- Connect apps and devices
- Learn about MOVES and how to acquire them.



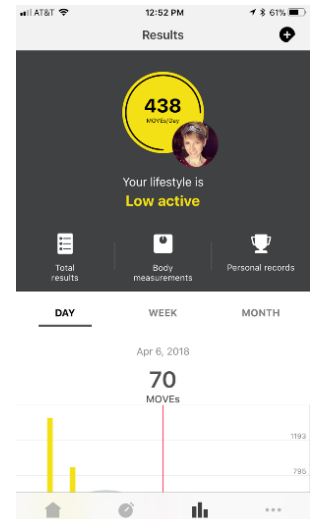
APPLICATIONS

- Connect your mywellness account to a variety of apps and devices.
- This is sometimes easier to do on a computer rather than through the app.



MY MOVEMENT PAGE

- Prescribed workouts are available on this page.
- Create a workout as you go.
- Monitor your progress in the current Challenge.



RESULTS

- Watch your lifestyle change from Light Active to Moderately Active to Highly Active
- Your body measurements are available on this screen
- Your MOVES trends are located here

PERFORM4LIFE

MEDICAL FITNESS & WELLNESS CENTER



PRESCRIBE | PROCESS | PASSION | PURPOSE