

MYWELLNESS APP

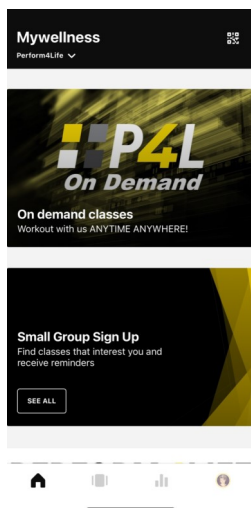


DOWNLOAD THE APP

- Open the Welcome Email and create a password—keep it simple—no special characters
- Download the mywellness app from the App Store or Google Play 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.

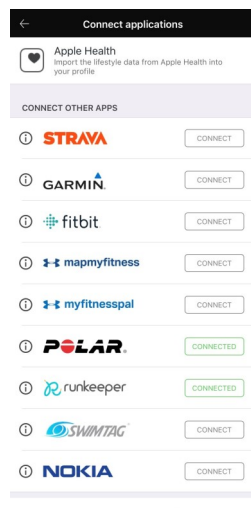
WHY USE THE APP

- Follow the guided workouts with ease and confidence. Track your activity inside the facility as well as outside.
- Access OnDemand Classes and enjoy Live Streaming Small Groups with your favorite P4L Trainers!
- Participate in challenges and win prizes.
- Monitor your progress as you gain experience using a variety of workouts created specifically for you!



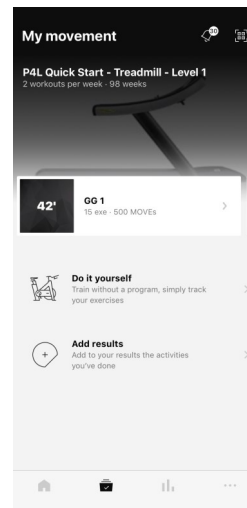
HOME PAGE

- Link into our OnDemand experiences (monthly fee)
- Sign up for Live Streaming Small Groups
- Track outdoor activities.
- Connect apps and devices
- Learn about MOVes and how to acquire them.



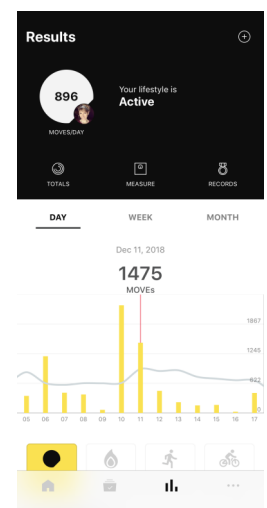
APPLICATIONS

- 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