

New to this year's ways to earn points towards your Interactive Health goal, when you exercise 3 times per week, you can earn 5 points! This can be recorded for 12 weeks for a total of 60 points! In order to get your points for each week that you perform 3 or more days of exercise, you'll need to stop down to my office and scan a QR code that Interactive Health has provided me with using their HealthyNow smartphone application. **This code will not be given out to any employees.** Attached to this email you will find instructions on how to download the app and sync it with your Interactive Health account.

You can earn points for exercise even if you do not utilize our facilities, but we encourage you to do so! If you exercise at a place like SNAP Fitness, Anytime Fitness, Shockbody Fitness, etc. you'll need to provide some additional information. Every facility should be able to give you a print out showing when you came to the facility to exercise, since at places like SNAP and Anytime you have to use an access key to get into the building. When you show that to me, you can scan the QR code that I have that will automatically add 5 points to your account. If the facility you exercise at does not utilize an access key, just ask your trainer/class instructor/gym attendant to verify your exercise days by writing down what you did for exercise and having them sign the sheet. This can be provided on any piece of paper.