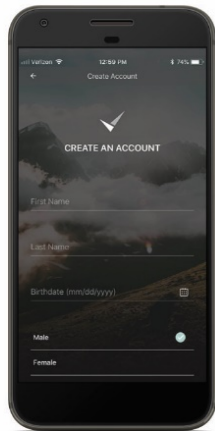




REAL RESULTS FOR REAL PEOPLE.

WELLNESS MADE EASY
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EVERYTHING AT YOUR FINGERTIPS

Get more than ever before with the myHealthCheck360 mobile app. More access, more support, and better tracking. Get started with the myHealthCheck360 mobile app or online portal by following the steps below.

CREATE YOUR ACCOUNT

- Download the myHealthCheck360 app or log into our portal at www.myhealthcheck360.com
- Click **Create an account** and enter your information
 - Your company code is **REEDS**
 - Your unique identifier is your **last 4 SSN**
- Agree to the terms and conditions and click **SIGN UP**

LOOKING FOR MORE HOW TO'S ON THE APP?



PRO TIP CONNECT YOUR DEVICE

Get the most from your myHealthCheck360 experience by connecting a device like FitBit or Garmin, or a tracking app like Apple Health or MyFitnessPal.

TO CONNECT A DEVICE

- Select **More** at the bottom of your screen
- Select **Connect Apps & Devices**
- Find your fitness app or device and select **Connect**
- Select **OK** and login to your fitness app's account