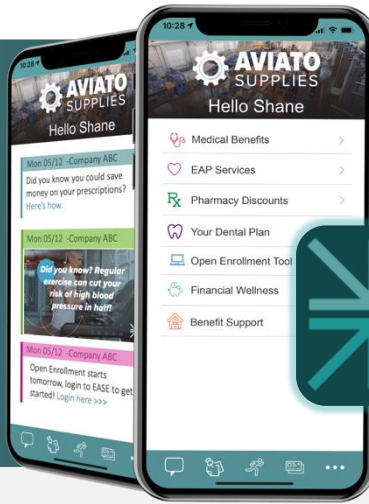


<<Company>>I nites You to Join Motion Connected



- ✓ Earn points & be rewarded for your healthy choices
- ✓ Easily track your activity + program progress

- ✓ Connect & compete in fun activity challenges
- ✓ Grab the latest company communications

Step 1: Create Your Account

1. Go to www.motionconnected.com/app on your smartphone or computer.
2. Click or tap on "Create Account."
3. Use the activation code on backside of page to create a Motion Connected account.

Activation Code:

Open your camera & scan me to download the app!



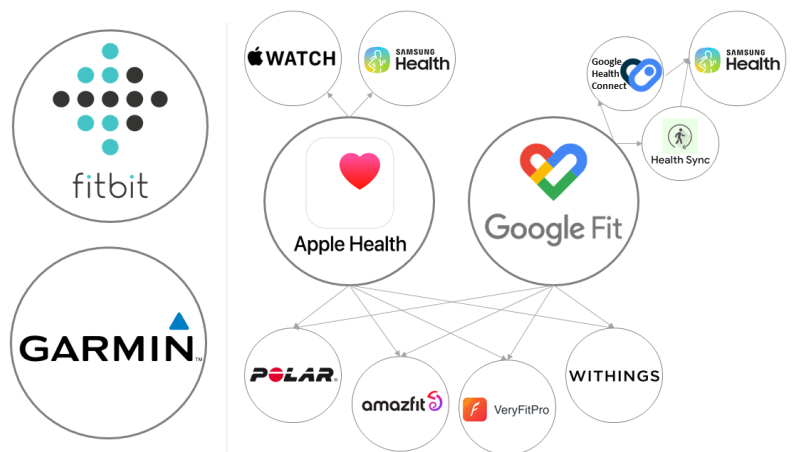
Step 2: Track Your Activity

Motion Connected is directly compatible with Fitbit and Garmin devices. You can also link compatible devices such as Apple Watch, Polar fitness trackers, and Mi Bands, or use your phone as an activity tracker by connecting the Apple Health app on iPhones or the Google Fit app on Android phones.

To Link Fitbit or Garmin- log into Motion Connected and go to the Link Device page.

To Link all Other Devices- configure your device's app to share step data with Google Fit or Apple Health then link to the Motion Connected app on the Settings Page.

Visit support.motionconnected.com for further assistance.



Step 3: Explore!

Go to the Scorecard page to view all the available activities to earn points and tap the push-pin icon in the app to find additional resources.

Questions? Please contact Motion Connected Customer Care Team:
Email: support@motionconnected.com | Website: support.motionconnected.com

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Use the activation code for your location to create an account.

Location	Activation Code
Apple Creek	2A3-M663E-4E1
Appleton/CLC	346-K663E-9CD
Corporate	782-Y663E-C7A
Fox West	6C7-W663E-7A9
Heart of the Valley	71A-X663E-D80
Neenah-Menasha	109-I663E-006
Ogden	G44-Q2756-55G
Spouses of Employees	15E-J663E-A3D

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