



Benefits. Delivered. Smarter.

It's Your Health. Take Control and Get Rewarded



Keep your fitness fresh.

Programs such as Nutrition, Strength Training, and Stress Management, along with daily health tips and weekly challenges, will help you avoid workout boredom.

Get Rewarded at **Every Step.**

We are pleased to bring you free access to MarketLink, an online health and wellness platform where every action you take for better health earns you points. You can redeem those points for raffle tickets, discounts at local businesses, and charitable contributions.

Connect with others.

MarketLink is a whole community of people working to get healthier, from which you can get and give support, and find advice from experts such as dietitians and personal trainers.



Is my personal health information secure?

Absolutely. MarketLink will never share your personal health information with your employer, your insurance provider, or anyone else.