



Benefits. Delivered. Smarter.



# Get Healthier and Get Rewarded with **MarketLink**

## Daily Health Rewarded

With MarketLink, you'll earn points for every step you take on the path toward healthier living. Redeem your points for raffle entries for the latest electronics, sports equipment, and travel. Plus get access to discounts on local businesses, sports clubs, and gym memberships!

## What is MarketLink?

We believe that healthy choices deserve to be rewarded, which is why we're bringing you an online wellness platform called MarketLink. With MarketLink, the benefits of making positive changes extend beyond a healthier body and a happier mind (although that comes with the territory too!). Focus on your health priorities with MarketLink's step-by-step programs customized to your lifestyle.

## Activities and Events

- + Join a two-week Program such as Nutrition, Strength Training, or Stress Management, and complete it at your own pace.
- + Take a Challenge. New Challenges are released every week to keep your fitness program fresh and fun.
- + Connect with a new Community. Find groups and buddies based on your interests and get support.
- + Set goals, track your progress, and receive daily reminders.
- + Integrate your FitBit activity.

Programs such as **Nutrition, Strength Training, and Stress Management** come complete with tips from experts, workout videos, and healthy recipes.

With MarketLink, joining **challenges** and participating in **communities** earn you points, and points earn you **rewards**.

MarketLink's step-by-step programs allow you to focus on your **health priorities, customized to your lifestyle**.

## How Do I Get Started?

We're so glad you asked! Signing up is as easy as 1-2-3:

1. Click the "Sign Up" Button in the email you received from your employer.
2. Enter your employer-sponsored email address.
3. Complete your login with the instructions in the confirmation email.

