



The MacBook Pro screen displays the gopivot nutrition dashboard. The interface includes a left-hand navigation menu with options: Feed, Activities, Inbox, Mail, Exercise, Nutrition (highlighted), My Points, Program Guide, Screen Cards, My Profile, and Log Out. The main content area shows a 'Daily Totals' section with a calorie goal of 2661 and a current total of 1384, resulting in a difference of -1277. Below this, there are three bars representing Carbs (196g), Protein (88g), and Fat (35g). The dashboard is organized by meal type: Breakfast, Lunch, and Dinner. Each meal entry includes a recipe card with a photo, a 'View Recipe' button, and a 'Meal Nutrition Info' section with a pie chart and a table of nutrients.

| Meal      | Recipe  | Cook Time | Calories | Ingredients | Carbs (g) | Protein (g) | Fat (g) |
|-----------|---|-----------|----------|-------------|-----------|-------------|---------|
| Breakfast | PB&J Oatmeal Smoothie                                 | 10 min    | 266      | 11          | 36g       | 19g         | 4g      |
| Lunch     | Mahi Mahi and Avocado Tacos with Mango-Cilantro Salsa | 35 min    | 574      | 12          | 89g       | 37g         | 22g     |
| Dinner    | Spicy White Chicken Chili                             | 50 min    | 803      | 15          | -         | -           | -       |

The smartphone screen displays an exercise app interface. At the top, it says 'Exercise' with a goal of 24,868. The main content area features a motivational message: 'Ready to exercise but not sure where to start?' followed by a sub-headline: 'Build a custom exercise plan that meets you where you are and guides you on a path to better fitness.' Below this is a 'Build Your Workout Plan' button. At the bottom, there are icons for 'Activities', 'Inbox', and 'Mail'. The background of the app shows a person exercising on a beach.

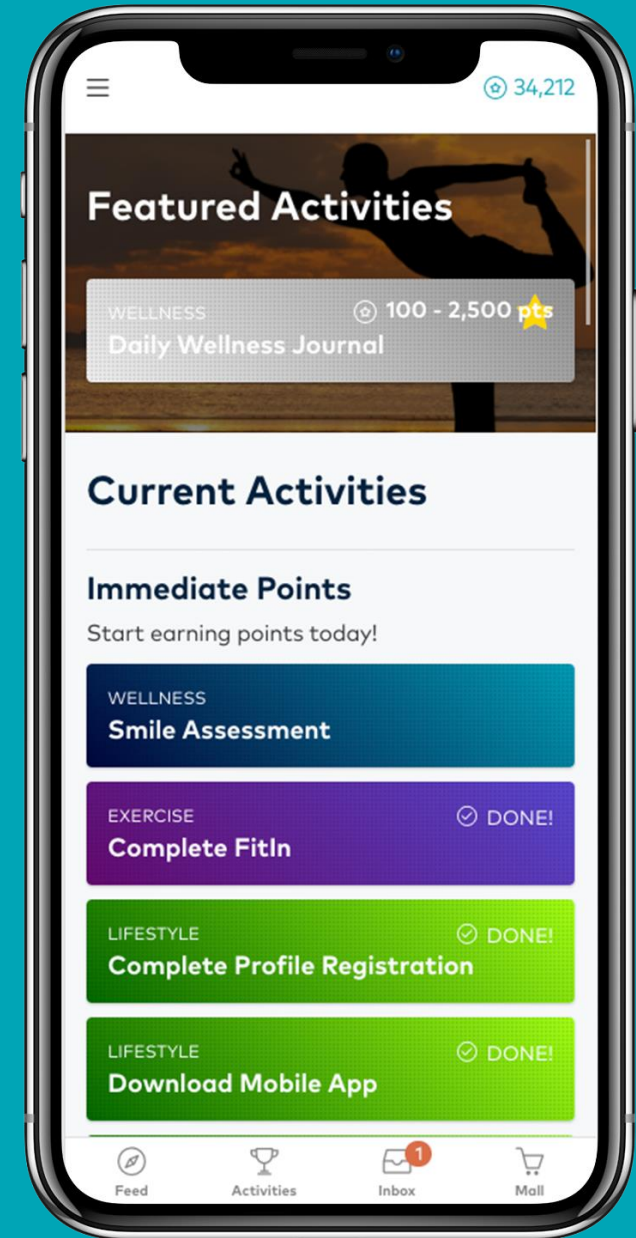


# GoPivot

GoPivot offers fun and impactful ways to elevate all areas of your health including physical, mental, and financial wellness through education, activities, and challenges.

Earn points by completing healthy activities and challenges, then spend your points in the GoPivot Marketplace! We offer hundreds of gift cards, thousand of merch items, tickets, and travel opportunities. Save your points for something BIG or spend as you earn. Points never expire if you are a DenBright employee.

**REGISTER TODAY to start earning!**



# REGISTER NOW!

1. Download the GoPivot App (Apple or Android)
2. Select the GREEN REGISTER Button
3. Enter the promo code: DEN
4. Enter your username: first letter of your first name and full last name (ex. jsmith)
5. Enter your passcode: your date of birth in an 8-digit format
6. (ex: 01011970)



Questions about your program? Give us a shout! Call or text us at 919-885-0525 or email [support@gopivotsolutions.com](mailto:support@gopivotsolutions.com).