

Employee Wellbeing Program

2027 Quick Start User Guide

It's time to make a pivot
to GoPivot

At GoPivot, we believe in the power of small, meaningful changes every day. With our program, you'll build healthy habits, engage with your coworkers in fun and rewarding ways, and reap the rewards.



Complete Wellness Activities



Earn Points



Redeem For Rewards



Earn up to **114,150** points! Redeem for thousands of items

Get Started Today!



(919) 885-0525



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www.gopivotsolutions.com

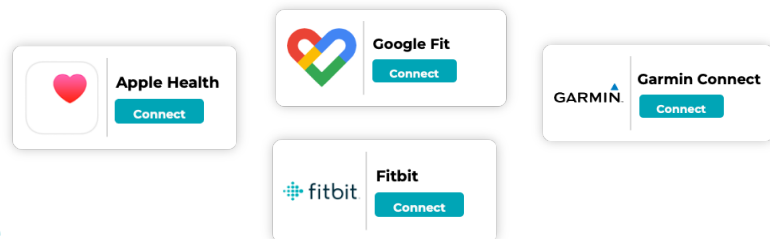


Getting Started with GoPivot



Register For An Account

- ✓ Download the GoPivot Mobile App from the App Store or Google Play and select REGISTER
- ✓ Enter your promo code: **DEN**
- ✓ Enter your username, which is your first initial and entire last name (i.e Jane Doe would be jdoe)
- ✓ Enter your passcode, which is your date of birth in an 8-digit format (mmddyyyy)
- ✓ You will be prompted to select a new username and password that you will use to log in moving forward.



Sync Your Device

Sync your activity tracker tapping on the three lines in the top left-hand corner of your app and selecting, 'Connect Tracker'. Follow the easy instructions to add your activity tracker and automate your steps activity.

Pro Tip: If you do not have an activity tracker you can use a health app on your smartphone, such as Apple Health Kit or GoogleFit. As long as you carry your phone with you, it will count your steps and activity!

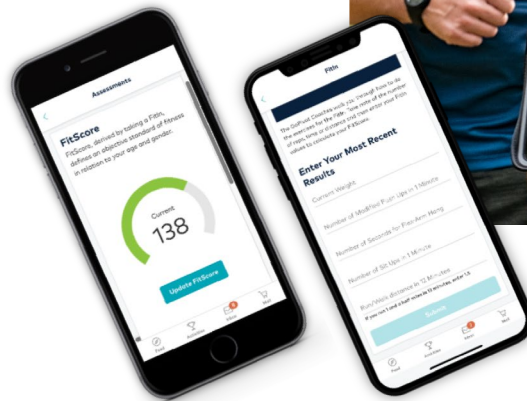
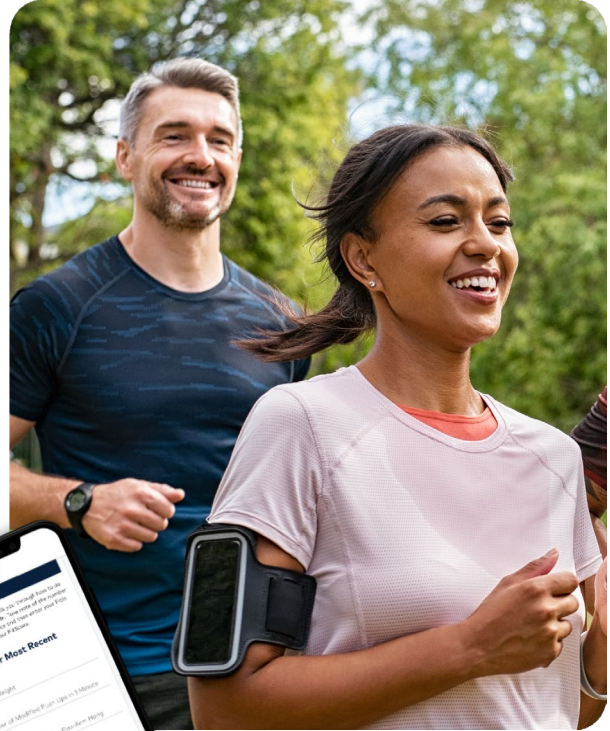


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Build Your Exercise Plan

Build a custom exercise plan that meets you where you are and guides you on a path to better fitness. Start by selecting your preferences with our easy exercise plan builder to help created a personalized exercise plan just for you!



Take a FitIn

Take a FitIn and receive your own FitScore! A FitScore is a fitness measurement rating that evaluates you on a variety of exercise and compare you to other of the same age and gender in America. The FitScore is designed specifically to offer every participant an ongoing goal.

Pro Tips:

Update your exercise preferences to change the difficult of your plan or to change the days you are scheduled to work out!

Want to try something new? Browse the exercise programs where you will find a variety of workout videos ranging from a beginner to advanced level.



Getting Started with GoPivot



Customize Your Nutrition Plan

Build a recommended recipe plan derived from your wellness goals, allergies, preferred cuisines, desired weight and exercise plan.

Your Calorie Goal is specific to you and based on a number of factors including your current activity level and the exercise goal you specified in the Exercise Preferences of your profile.

Your calories and macronutrients are only 60% of your total recommended amounts, taking into account that side items and healthy snacks will make up the remaining 40%.

Pro Tip: Selecting more cuisines gives you a better variety of recipes.

Complete Activities & Challenges



Check out the designated point-earning activities that can be completed throughout the year. Different activities are available daily, monthly, quarterly, and annually.

Join your co-workers in a company-wide challenge to help your organization reach its health and wellness goals. Log your results and see how you stack up against your colleagues by tracking progress on the Leaderboard.

Pro Tip: Make sure you complete all of your Quick Point Activities so that you're set up to earn maximum points fast.

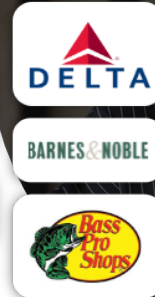
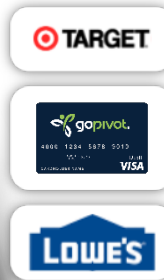
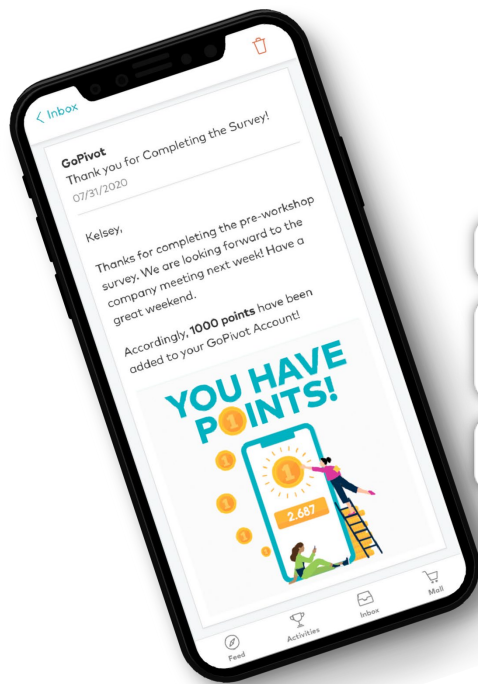


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Explore Our Rewards Marketplace

Choose your own rewards from our world-class **YourChoice Rewards Marketplace™** - a comprehensive shopping mall boasting millions of merchandise choices and hundreds of gift card options. With something for everyone, at every point-earning tier, you're sure to find what you're looking for.



Points Earned
2,200 – 10,000



Points Earned
10,001 – 25,000



Points Earned
25,001 – 50,000



Points Earned
50,001+



Are you a spender or a saver?

Redeem now to cover those items in your Amazon shopping cart or save up for that vacation you've always wanted to take!