



Track your wellness progress on the go!

The beBetter mobile app is a physical activity tracker for employees with access to the beBetter wellness portal. The app makes it simple and easy to track your activity on the go, without having to log in to the portal.

With just a few taps, you can log and upload your daily aerobic and strength training activities as you work toward your wellness goals and rewards. From within the app, you can view your current reward goals and your progress toward achieving them. It's easy!

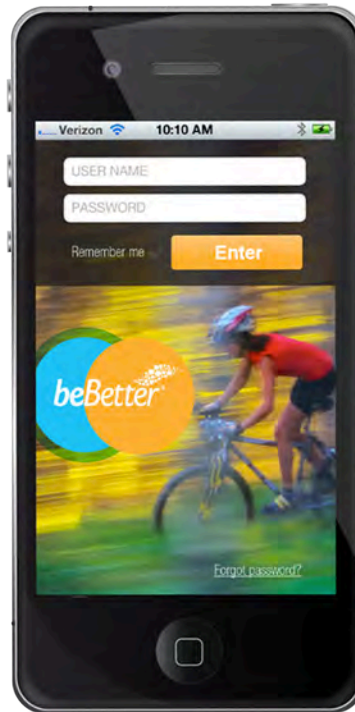
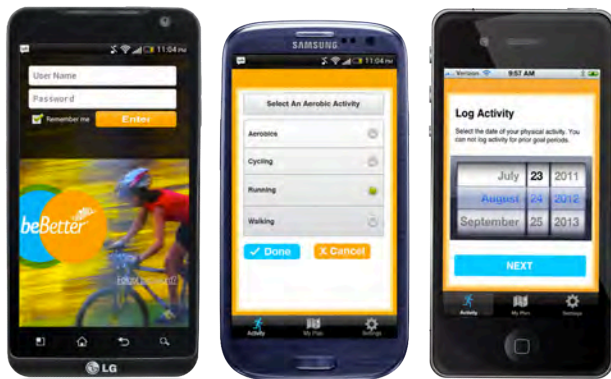
Features

- Automatic login setting
- 20 aerobic activities
- 6 muscle regions
- Moderate or vigorous activity levels
- Track time and distance
- Apple and Android versions

Benefits

- Easy wellness tracking anywhere – no need to log in to portal
- Quick access to your personal reward plan
- Ability to edit activity entries later in portal

For iPhone, iPad, iPod Touch, and over 100 Android handsets and devices!



About beBetter Health

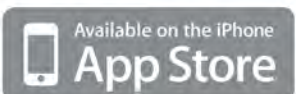
We've been helping companies deliver successful wellness programs for over 25 years, and we know what works. Our approach is simple: remove as much of the guesswork, manual tracking, and unnecessary effort as possible. Make sure every facet of the program is connected, from assessment to programming to evaluation. Help you make the most of the system with easy user guides, simple interfaces, experienced Account Managers.

The beBetter® System helps employees take action toward protecting and improving their health, and provides employers with strategies to reduce health care costs and boost employee productivity.

For brokers, we provide everything you need to implement an effective, comprehensive population health management solution. Give us a call and let us walk you through how the beBetter® System makes you more competitive.



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