



Total Earned Points will be shown at the top right corner of the app by a star.

Tap your points at the top right and view your points earned log

Red Star = lifetime points 60k or below.

Yellow Star = lifetime points 60k to 250k.

Green Star = lifetime points 250k and above.

The more healthy behaviors, the more points you earn!

Sleep Points: earn points daily by logging sleep hours manually. 6 hours or above will award points.

Fitness Points: earn points daily by going to Fitness> Log your own exercise and entering exercise, intensity and duration, and earn points by completing workout routines by going to Fitness> Workouts.

Step Points: earn points daily by connecting a wearable that syncs steps to the app. Earn 1 point per 200 steps with a max of 50 points for reaching 10,000 steps or above.

Hydration Points: earn up to 10 points a day for drinking and logging your target water intake which is your weight divided by 2 = target ounces.

Nutrition Points: earn up to 50 points a day by logging your food intake. The closer you are to your target calories, the more points you earn.

Health Points: Earn points with a verified health assessment. 3 ways to get a verified health assessment **1)** connect with a coach to fill out a health assessment for you-50 points **2)** connect a high health check kiosk assessment-30 points **3)** get a health screening at a partner pharmacy-30 points. Locations for high kiosks and pharmacy screenings can be found by selecting "where am I".

Competition Points: winning Head-to-Head and Group challenges is another way to earn points. To challenge other users, you must be friends status in the app. Then, tap the 3 dots by their name and select "challenge". As soon as the other user accepts, the challenge begins. Users accept, join and view challenges in **Community> Competitions**.

**Use points to purchase rewards. Go to the Community > Rewards.