

Earn rewards for healthy choices, wherever you are.

## Earn reward for:

- ✓ Attending Fitness Facilities
- ✓ Walking
- Complete Wellness Challenges ......and more!

## Earn up to \$175 per year for completing healthy activities.

You'll also be able to participate in fitness challenges with other employees. Please download the IncentFit app and log in using your email address.

The password is your unique employee ID number.





For more information contact the Employee Heath Manager, Denise Lamb 516.293.2016 ext. 5642 or Dlamb@ahrc.org