

Yourcenturion

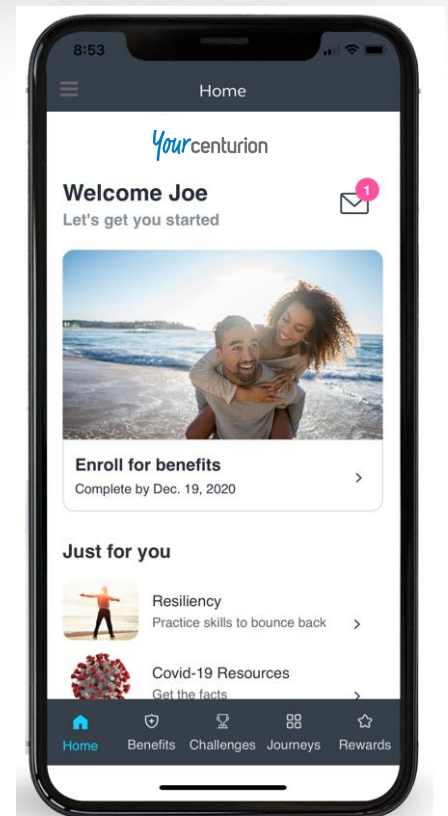


GETTING STARTED

Your centurion provides easy access to your HR, benefits, wellbeing, and communication resources all in one place. You can access the Your centurion platform using a smartphone, smart watch, computer, or tablet. If allowed by your employer, your dependents may also have access to Your centurion.

After registering with **Your centurion** account, you can join fun challenges, earn rewards, and access resources to reach your health and wellbeing goals. Whether you want to improve your sleep, nutrition, career wellbeing, understand your benefits, or learn about retirement - **Your centurion** can help!

Your centurion acts as your personal concierge providing you with important reminders for open enrollment, your health, and even reward opportunities. Let's get started!

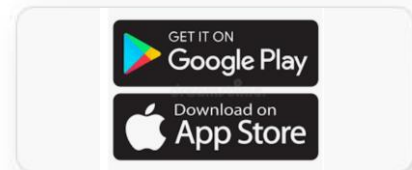
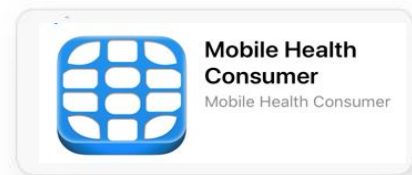


1. CHOOSE YOUR DEVICE

You can choose to access the *Your centurion* platform using a smartphone, tablet, computer, or smart watch. No matter the device(s) you choose your experience with be the same. You can download the app *Mobile Health Consumer* from Google Play or the App Store.

You can also access *Your centurion* using a web browser:

<https://www.mobilehealthconsumer.com/web/pages/login.html>



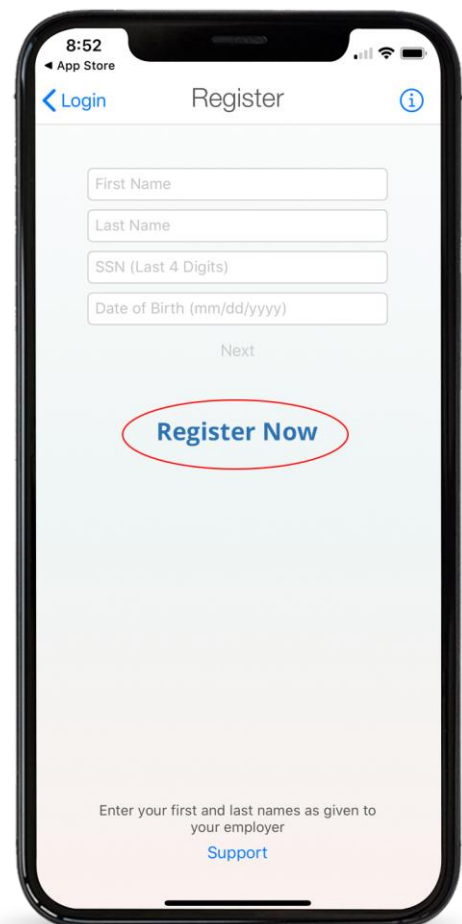
2. REGISTER YOUR ACCOUNT

Your centurion takes all the necessary precautions to ensure it is you - *and only you* - accessing your account. Once you download the app or access the URL, *Your centurion* requires you to register your account.

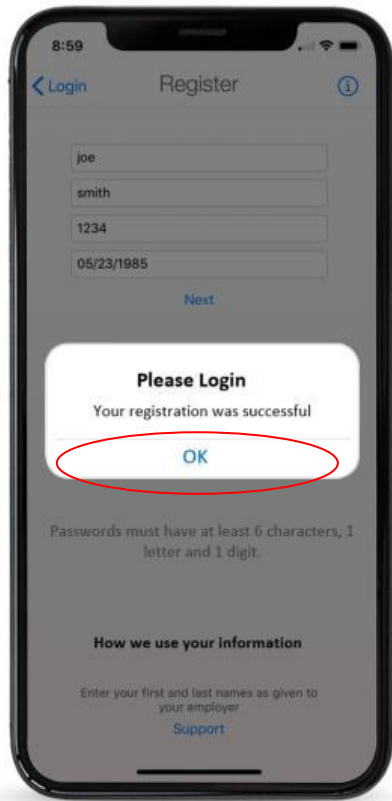
- » Tap *Register Now*.
- » Enter your first and last name, the last four digits of your social security number (SSN), and your birth date, e.g. (05/23/1985).
- » Then tap *Next*.

* Note your first and last name must be entered exactly as it appears on your medical ID card or your employer’s HR records – including if you have a hyphenated name. For example, enter *Robert* instead of *Bob* if this is how your employer displays your name on HR records.

* Your employer may choose to use an employee ID number instead of the last four digits of your SSN. This will be outlined in the welcome email you will receive from *Your Centurion*.



REGISTRATION CONTINUED

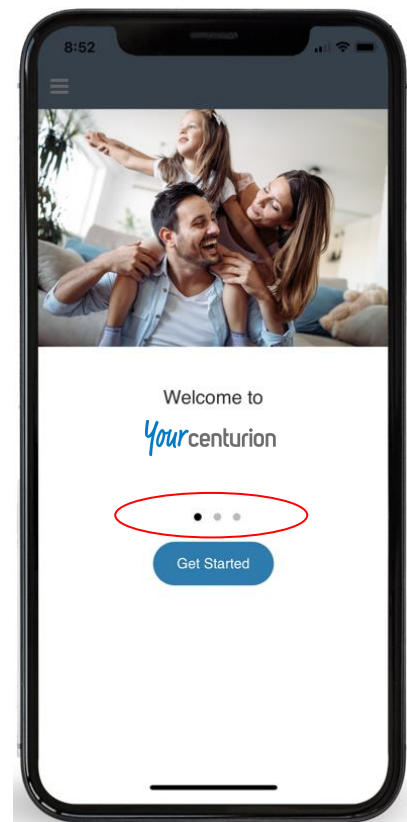


- » After registering your account, **Your centurion** will prompt you to login. Your username is your firstname.lastname, e.g. (Robert.Smith) You can choose to keep this username or create your own once in the platform.
- » Choose your password and enter your email address. Tap **Next**.
- » Note: Passwords must contain at least six characters, 1 letter, and 1 digit.

TAKING THE TOUR

Upon logging into **Your centurion** for the first time, you can take the tour by tapping the second and third radio buttons on the introduction page.

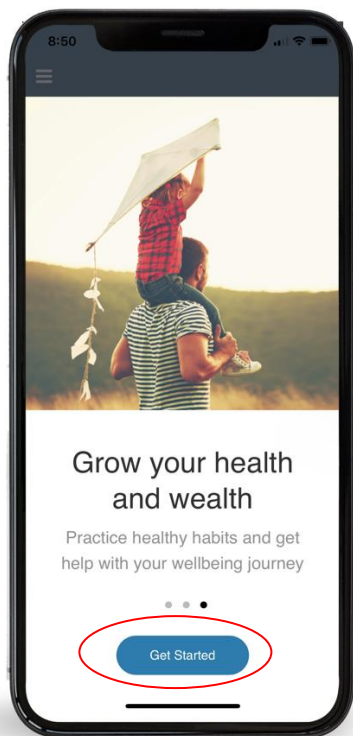
After tapping the three radio buttons, you will then be prompted to tap the **Get Started** button.



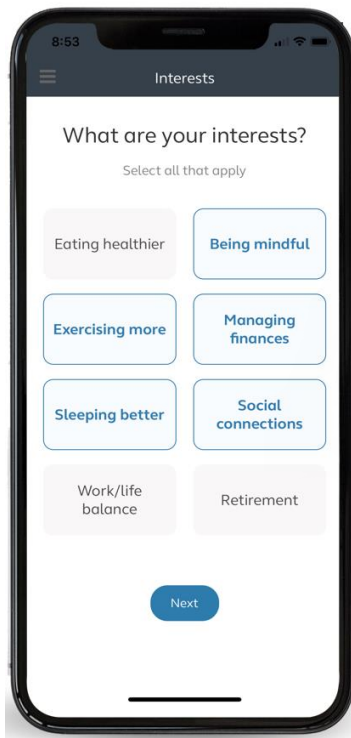
GETTING STARTED

Upon tapping the **Get Started** button, **Your centurion** will prompt you to choose the topics which interest you the most. This allows **Your centurion** to personalize your homepage with content and resources which fall into these areas.

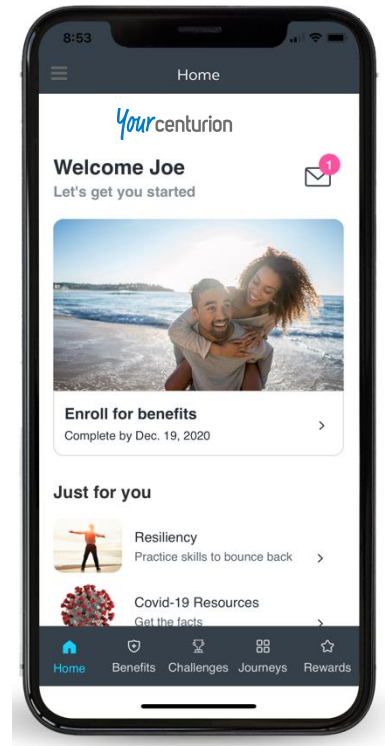
Once on your homepage, you can scroll down to view your resources or use the bottom tool bar to navigate through the platform.



Tap **Get Started**.



Choose your interests.



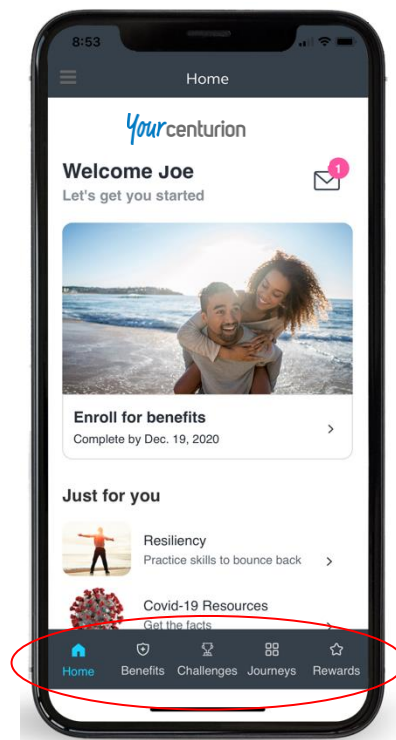
Your centurion creates your personal homepage.

NAVIGATING THE TOOL BAR

Your centurion provides quick access to your most popular resources, such as **Benefits, Challenges, Journeys, and Rewards** at the bottom of the homepage. Tapping each icon opens the correlating page.

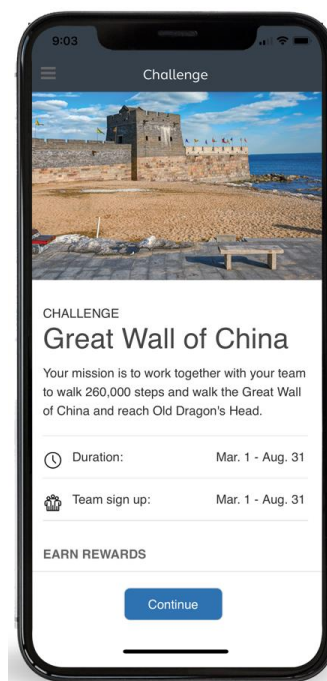
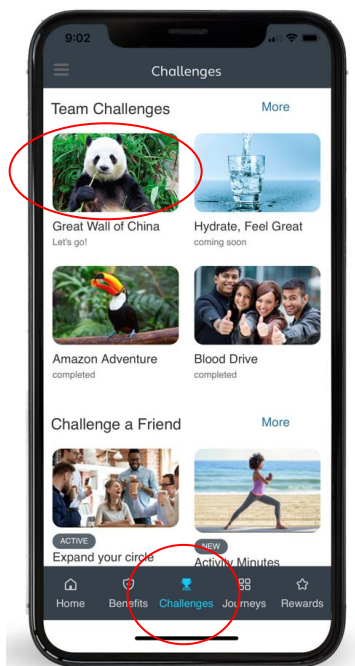
BENEFITS

Tap **Benefits** to view your eligible benefit programs.



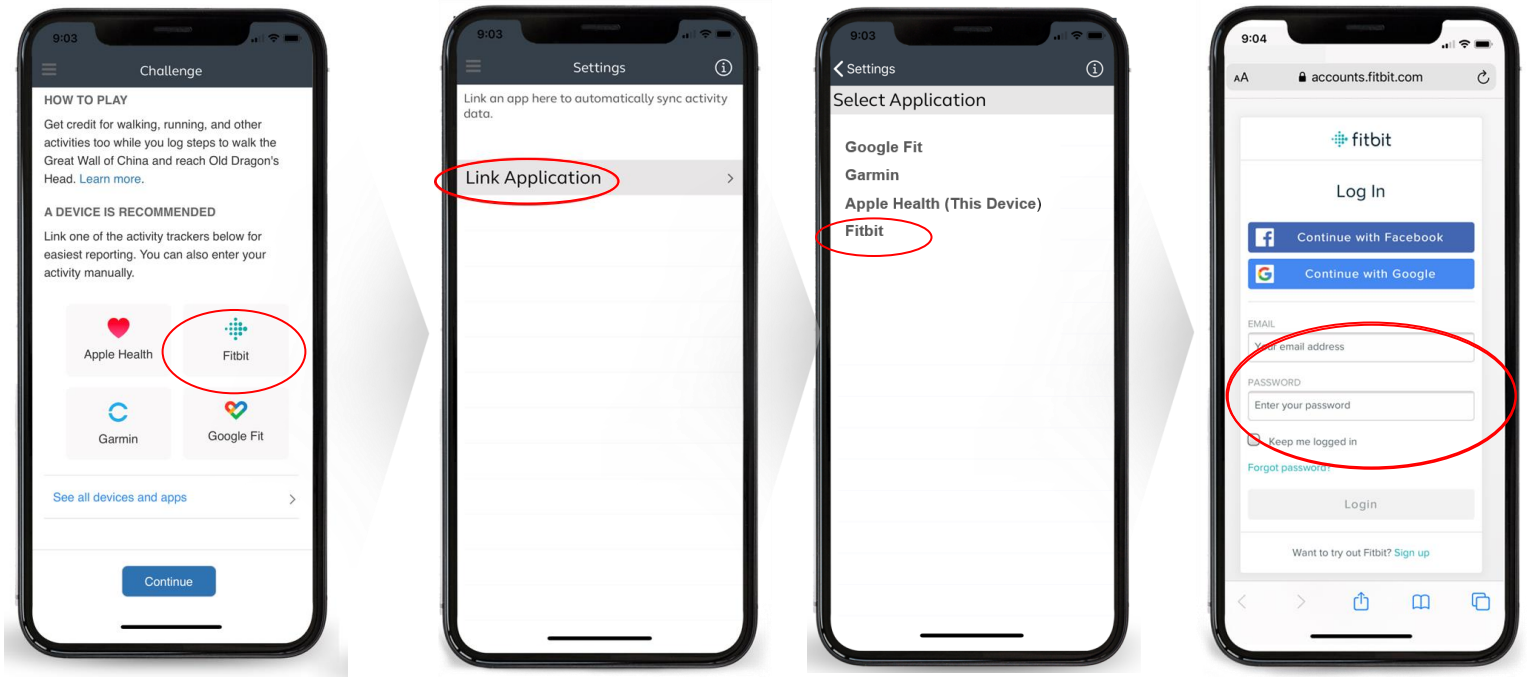
TEAM CHALLENGES

Tap **Challenges** to launch your team and friend challenges. **Team challenges** are chosen by your employer and all employees are eligible to participate. Tapping a challenge such as the Great Wall of China opens a new screen which provides the challenge description, rules, and duration. This screen also allows you to link an approved activity device to *Your centurion*.



LINKING AN ACTIVITY DEVICE

At the bottom of any activity challenge screen you are able to link an approved activity tracking device such as Google Fit, Garmin, Apple Health, or Fitbit. Linking your activity device allows for automatic syncing of your activity to **Your centurion** when participating in challenges.



Tap the device you want to link to **Your centurion**. If you don't see your device tap **See all devices and apps**.

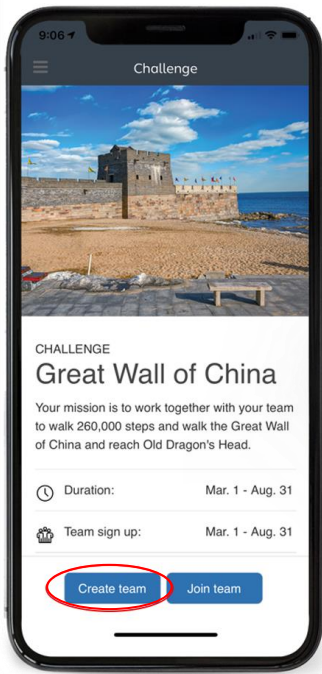
Tap **Link Application**.

Choose the device you want to link.

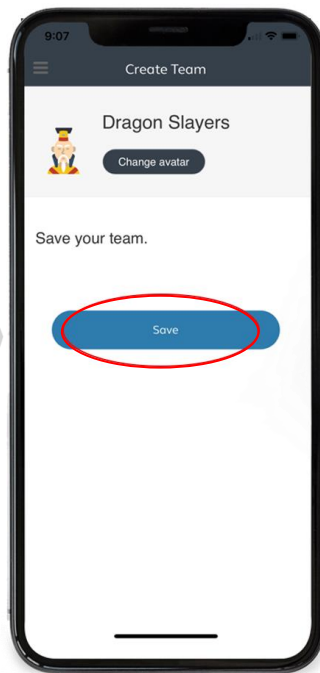
Your centurion will prompt you to enter your username and password for your activity tracker account. Your device is now linked.

JOINING A TEAM CHALLENGE

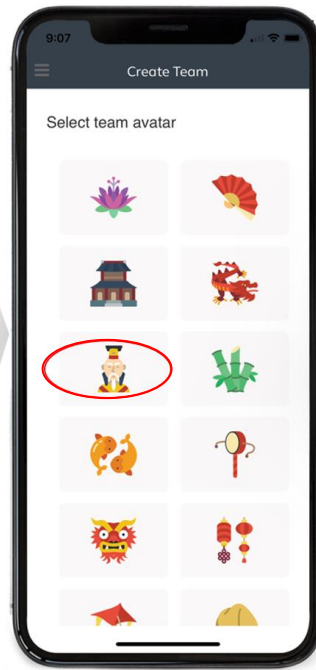
Your centurion allows you to create a team or join an existing team for each team challenge. Simply tap the **Join Team** or **Create Team** button at the bottom of the challenge screen. To join an existing team, you can search by team name or person. The images below display how to create a new team. **Your centurion** allows you to earn rewards throughout challenges for activities such as joining/creating a team, reaching team milestones, and personal achievements.



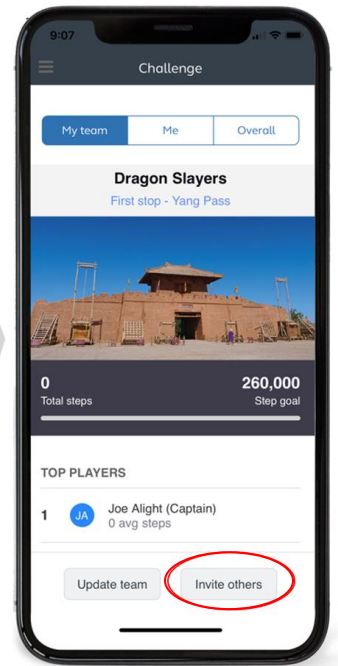
Tap **Create Team**.



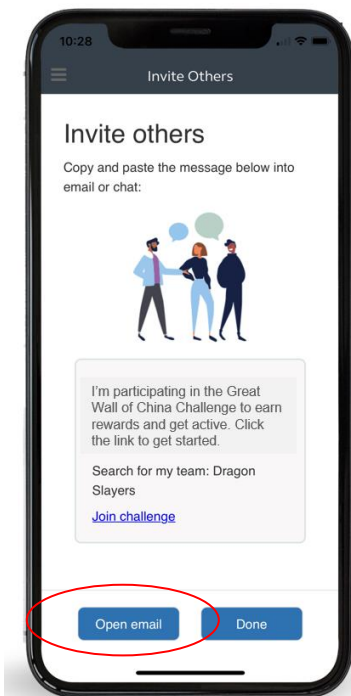
Choose your team name and tap **Save**.



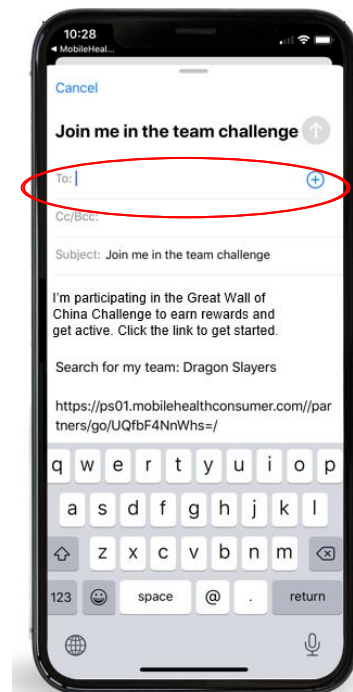
Choose your team avatar from the library.



Your team is now created. You are automatically designated as the team captain. You can invite others to join your team by tapping the **Invite others** button.



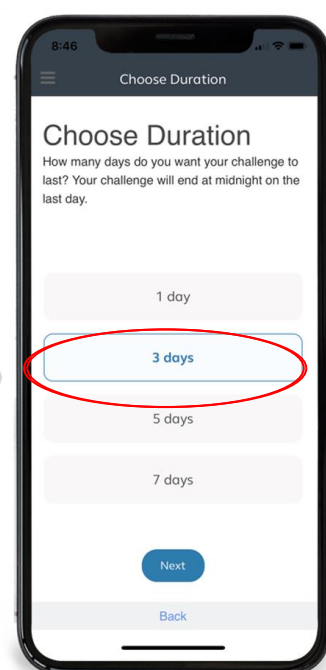
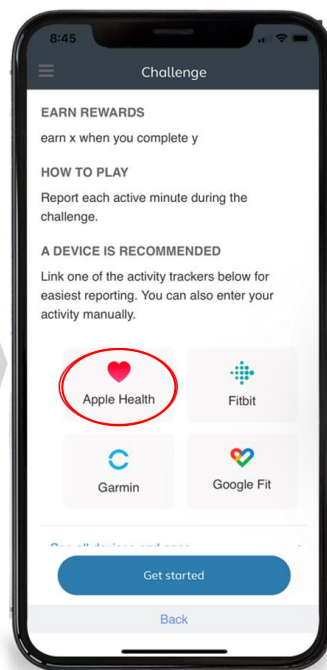
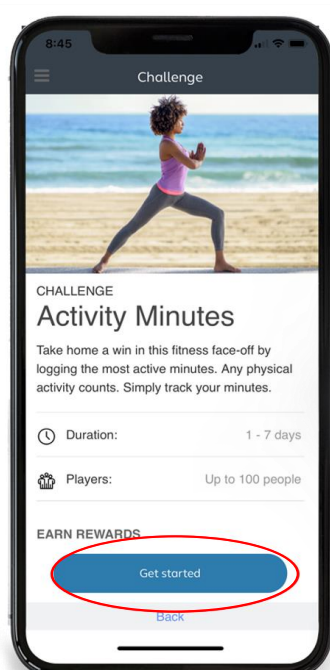
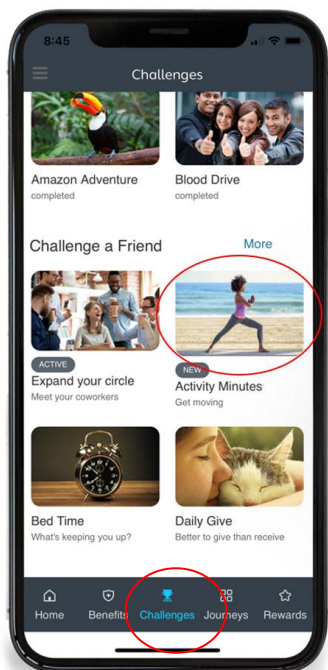
Upon tapping the **Invite others** button, a new screen will display with a pre-populated invite. Tap **Open Email**.



Your email will open with the pre-populated invite. Enter the email address of the person you would like to invite to join your challenge.

INITIATING A FRIEND CHALLENGE

Your **centurion** allows you to challenge your friends, helping one another meet your health and wellbeing goals. Access your Friend Challenge library to choose from physical, emotional, social, career, and financial challenges. You choose the challenge, who to invite, and the duration of the challenge.

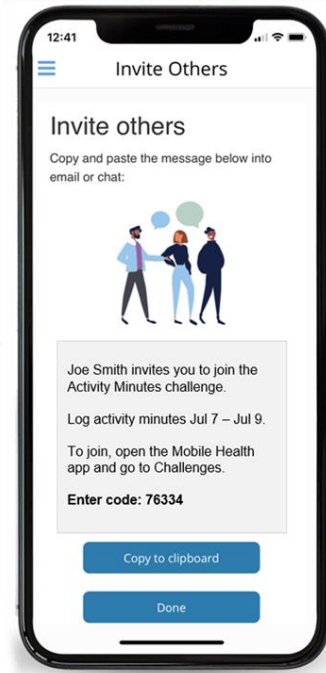
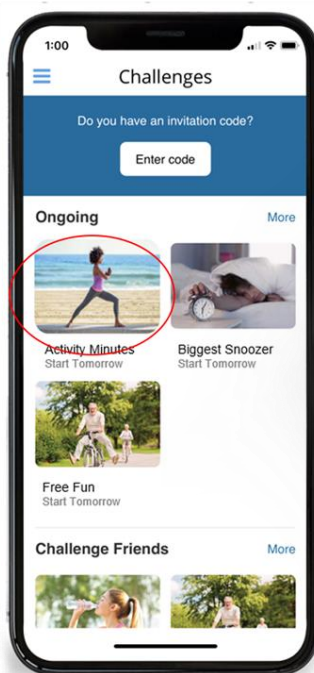
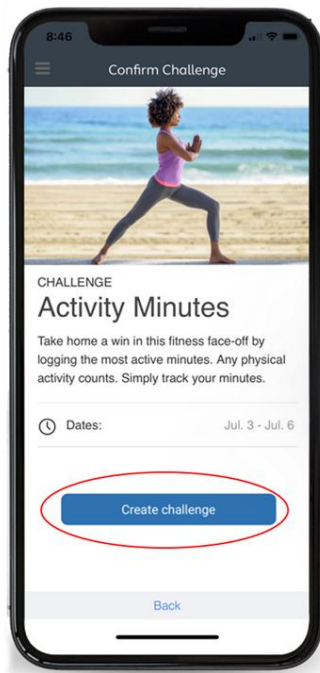
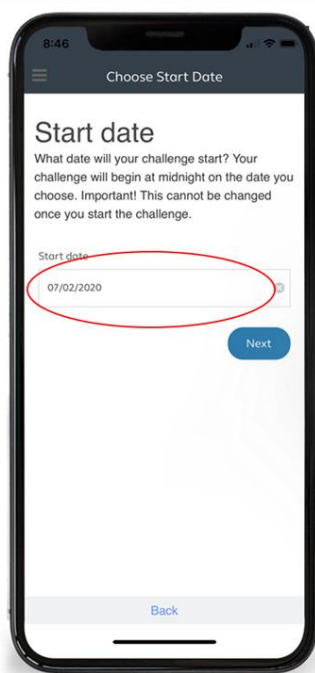


Tap **Challenges** from the homepage. Choose your challenge from the **Challenge a Friend** library.

Tap **Get Started**.

Review the rules of the challenge. If applicable, you can choose to link an activity tracker.

Choose challenge duration.



Choose challenge start date and tap **Next**.

Tap **Create Challenge**.

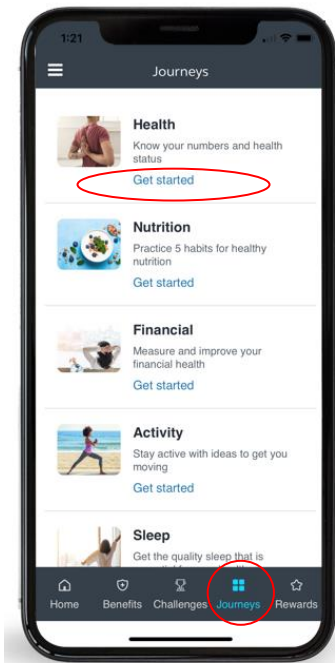
Tap **Challenges** on your home page to view your active challenges. Invite friends by tapping the active challenge.

Copy and paste the invite to an email or chat to invite friends to your challenge.

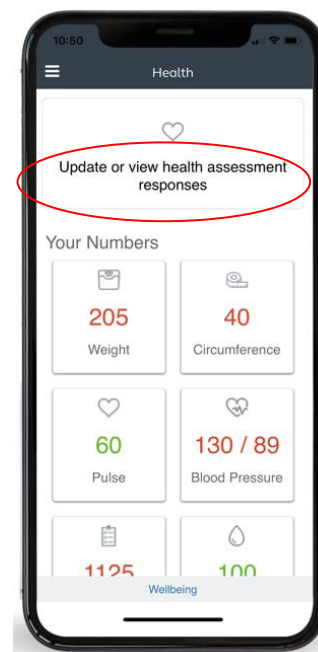
JOURNEYS

Journeys are a great way to better understand your health and wellbeing while also learning healthy habits to make improvements. The Health Journey allows you to complete a quick assessment, ensuring you know your health numbers and any health risks, and helping to personalize **Your centurion** experience.

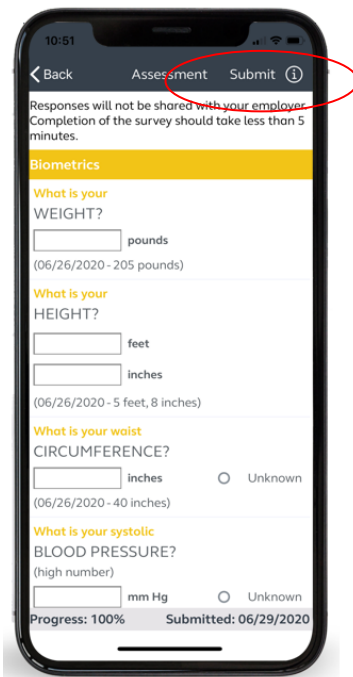
You can participate in journeys focusing on nutrition, physical activity, sleep, resiliency, stress reduction, tobacco cessation, as well as career, social, and financial wellbeing. All Journeys are self-paced, allowing you to progress through each at your own pace, while earning rewards for completion.



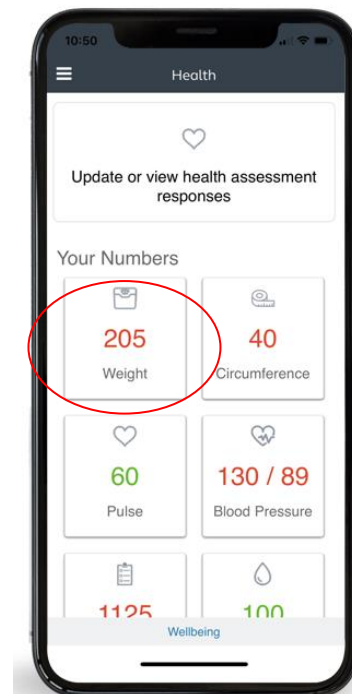
Tap **Journeys** from the home screen. Then tap **Get Started** under **Health**.



Tap **Update or view health assessment responses** to take the health assessment.

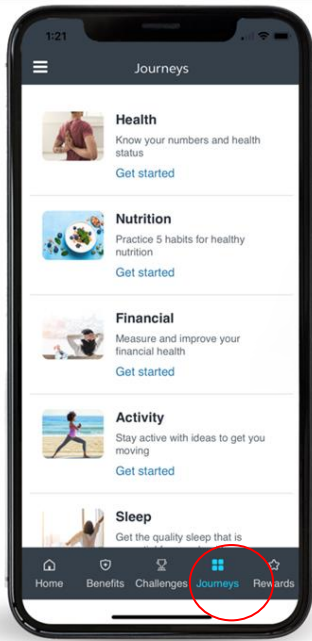


Complete the health assessment by tapping through the questions. Tap **submit** in the top right-hand corner when complete.

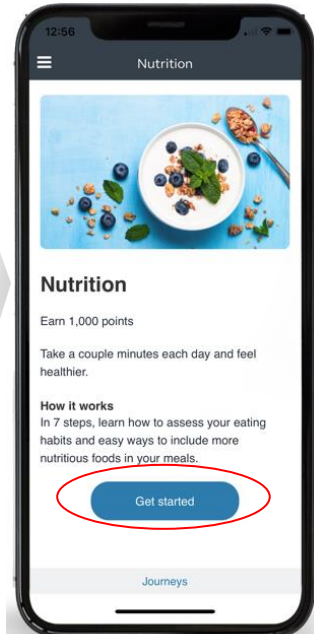


Once complete, **Your centurion** will automatically route you to your **health dashboard**. Tap on each biometric to better understand your health or health risks.

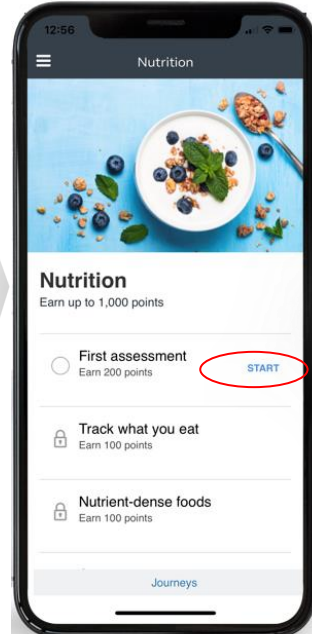
PARTICIPATING IN A JOURNEY



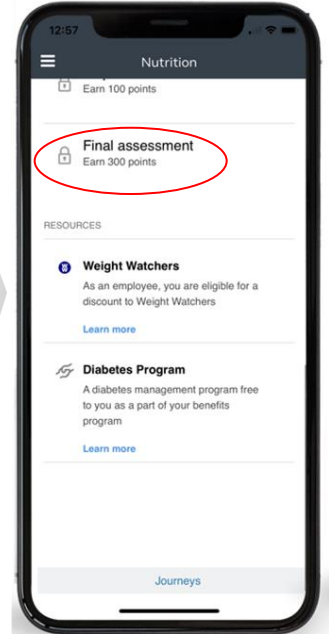
Tap **Journeys** from the homepage.



After reading the Journey introduction tap **Get Started**.



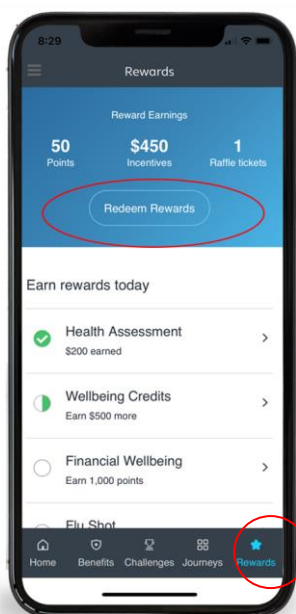
Tap **Start** to complete the first assessment. You will earn points for each step completed in the Journey.



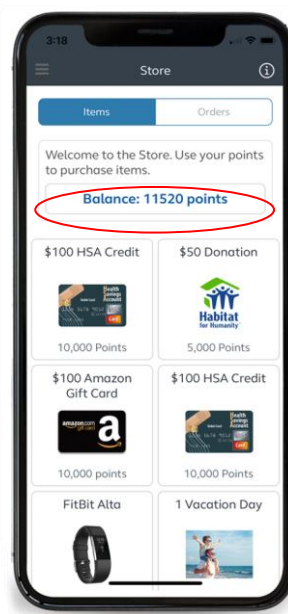
After completing all the steps take the **Final Assessment**.

REWARDS DASHBOARD

Your centurion provides numerous ways to earn rewards for being healthy. Whether reading your personal notifications, participating in a Journey, or getting your flu shot – all of these activities can allow you to earn rewards! You can access your rewards history, outstanding reward opportunities, and balances in your **Reward Dashboard**. Rewards are chosen by your employer and can be in the form of points, cash, raffle tickets, premium reductions, gift cards, health account deposits, or even custom rewards. Points can then be redeemed in the company store.



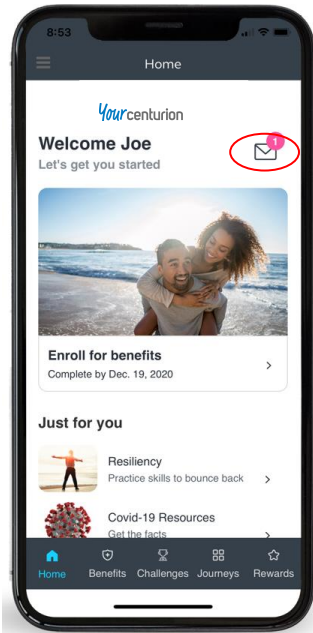
Tap **Rewards** from your homepage.
Tap **Redeem Rewards**.



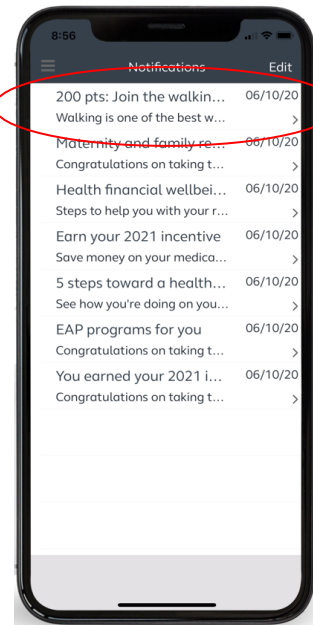
The **company store** will open. Your points balance will display at the top of the page.

ACCESSING YOUR COMMUNICATIONS

Your centurion sends you personalized and timely communications. Communications can be from your employer, or in the form of health alerts, education, reward opportunities, or challenge announcements.



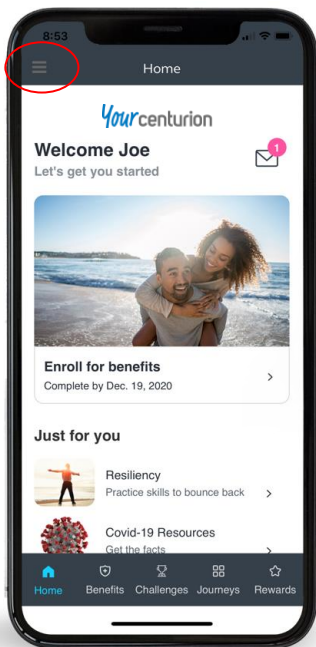
Tap the envelope in the top corner of your homepage to view your notifications.



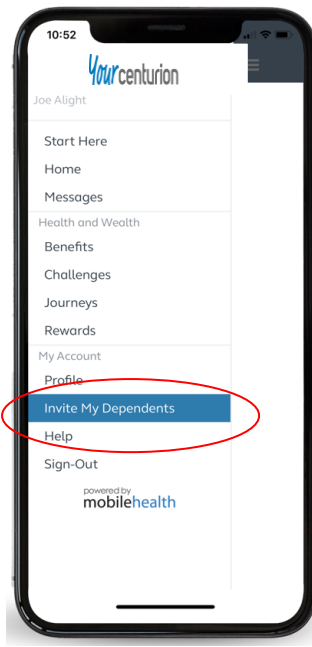
Tap an individual notification to view.

INVITING YOUR DEPENDENT

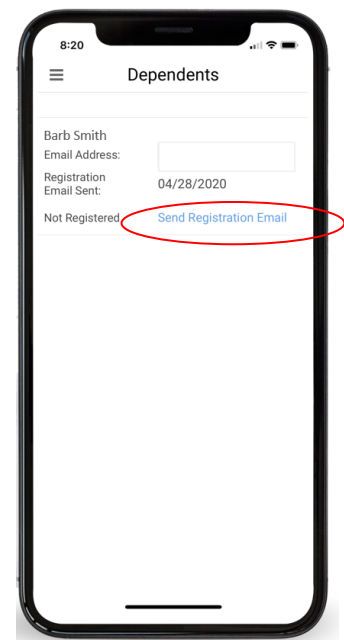
If your employer allows eligible dependents to access *Your centurion*, you can invite your dependents to register. An eligible dependent may need to be enrolled on your medical plan and be at least 18 years of age.



Tap the **three bars** on the top left-hand corner of your homepage to open the left-hand navigation menu.



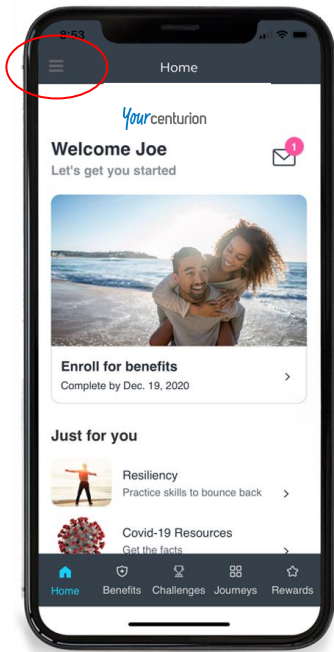
Tap **Invite My Dependents**.



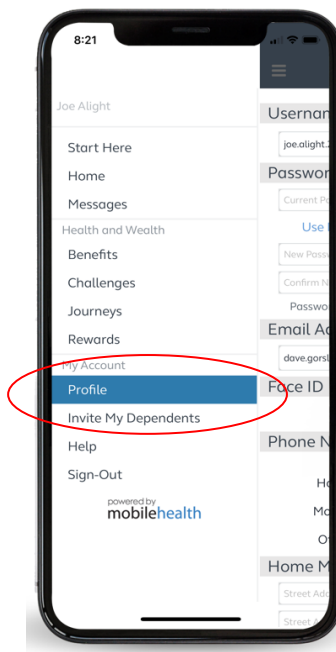
Enter your dependent's email address and tap **Send Registration Email**.

UPDATING YOUR PROFILE

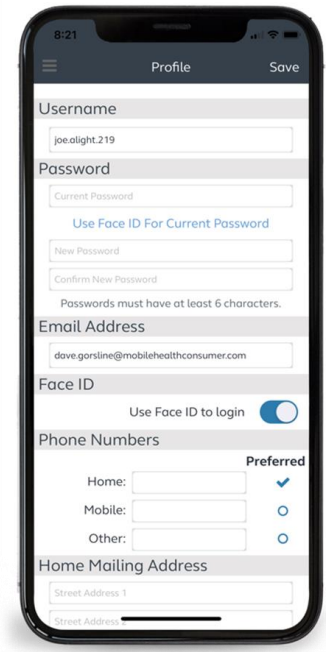
Updating your profile allows you to control data elements such as your username, password, email address, and communication preferences.



Tap the **three bars** on the top left-hand corner of your homepage to open the left-hand navigation menu.



Tap **Profile** on left-hand navigation menu.



Complete the profile fields.

YOU ARE ALL SET!

Your centurion is now hyper-personalized just for you! It is the one place to access all of your HR, benefit, wellbeing, and communications allowing you to create your own sense of health and wellbeing. Earn rewards and challenge friends to meet your health and wellbeing goals.

www.mobilehealthconsumer.com
