

QUICK START USER GUIDE



REGISTER FOR AN ACCOUNT:

- 01 Download the GoPivot Mobile App and click "Register. If you do not have a smartphone, you can go to <https://www1.gopivotsolutions.com/#!/register>"
- 02 Enter your Promo Code:
- 03 Enter your User ID, which is the first letter of your first name and your entire last name.
Ex. jsmith
- 04 Enter your Passcode: which is your eight digit date of birth (MMDDYYYY).
- 05 You will be prompted to select a new user name and password that you will use to log in moving forward.
- 06 Be sure to toggle on your face or fingerprint recognition and allow for notifications.



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!

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 easily exercise plan builder to help created a personalized exercise plan just for you!

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 difficulty 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.

BUILD YOUR NUTRITION PLAN:

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

Your Calorie Goal below 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 fewer cuisines will reduce the number of recipes available to create your meal plan.

COMPLETE ACTIVITIES + CHALLENGES:

Check out the designated point-earning activities that can be completed throughout the year. Activities are grouped based on the frequency and type of activity. (For example: There are activities that you can complete every day or only once a year.)

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.

EXPLORE THE REWARDS MALL:

Choose your own rewards from the most comprehensive shopping mall boasting millions of merchandise choices and hundreds of gift card options, or save your points to redeem for a larger reward such as a weekend getaway or sporting event. The options are endless!