



## Our Health App

The Nudge App makes it easier than ever to get the most out of tracking your health and fitness. Whether you're just getting started journaling your diet, or want to pull together data you already track with multiple fitness apps or wearables, Nudge gives you an easy-to-understand picture of your health habits and how you can improve.

## +Coaching

Monitoring your daily habits is a great place to start, but nothing beats the personal guidance that only an experienced health coach can provide. That's why Nudge makes it possible to connect with a coach right within the app! Experience all that a personal relationship focused on your health can do for you.

## +Syncing

Do you wear a Fitbit or other fitness wearable? Or maybe the Runkeeper app, or Strava for cycling? All that data syncs seamlessly to your Nudge app, giving you one easy-to-understand picture of your health to help you find ways to improve.

## Just for You

We have partnered with the makers of Nudge to offer this great app plus access to our expert staff, who will work with you to create a personalized plan to achieve your health and fitness goals.

To get started, just download the Nudge app for free from the App Store or Google Play.

## +Your Score

Once you've downloaded the app, you will respond to a few quick questions about your habits and create your account. The Nudge Profile (shown on the screen to the left) gives you a starting Nudge Score between 1 and 110. The more healthy habits you can fit into your life, the higher your Nudge Score will go.

## +Our Offer

To connect your Nudge account and get personal health coaching from a member of our team, simply

**ASK US FOR OUR PROMO CODE!**

When you've got it, open the Nudge app and tap on the "Coach" tab. Enter the code and start your guided journey to a healthier you!

