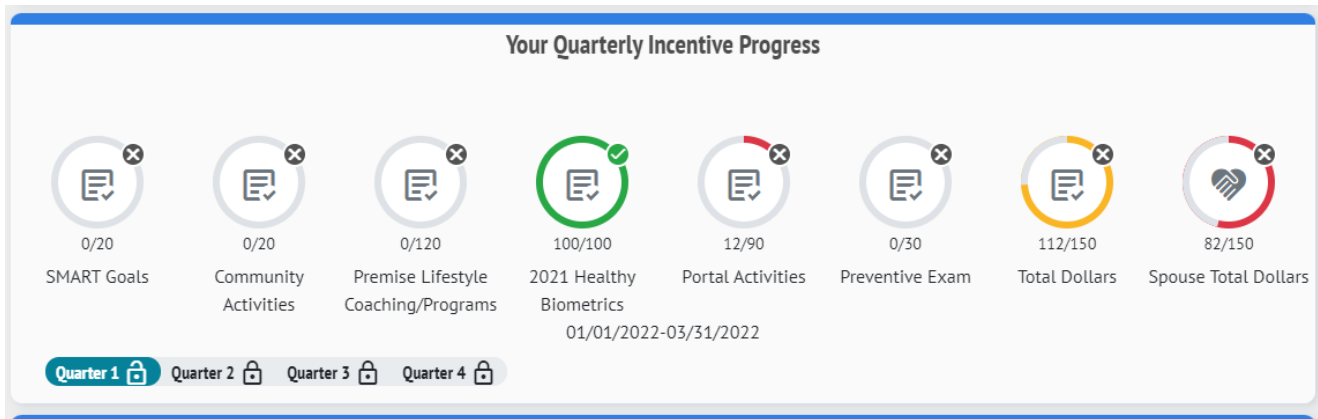


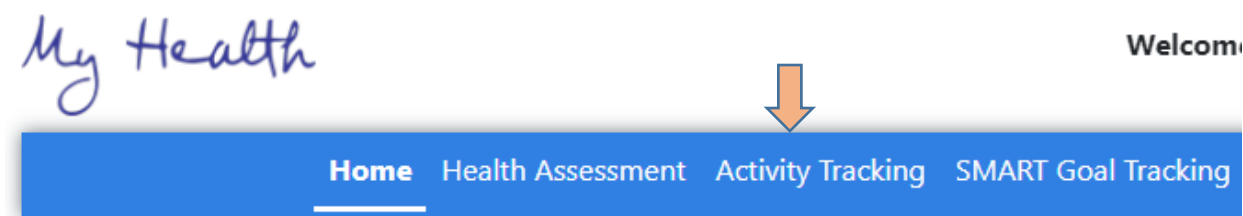


## Where can I check my incentive earnings?

Your completed incentives can be found on your homepage. Green means you have met the max incentive for that category.

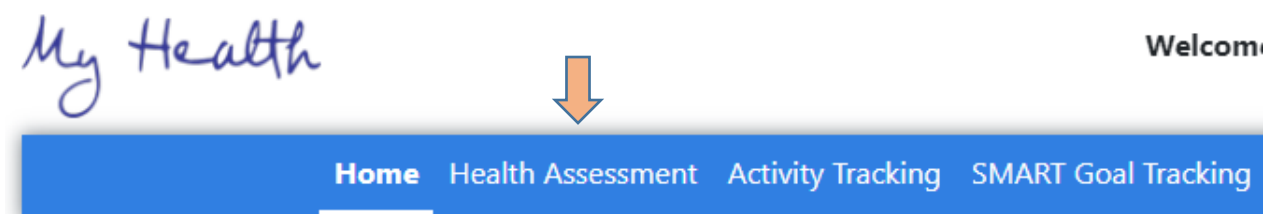


Or, you can click on Activity Tracking located in the blue box on the top of the page.

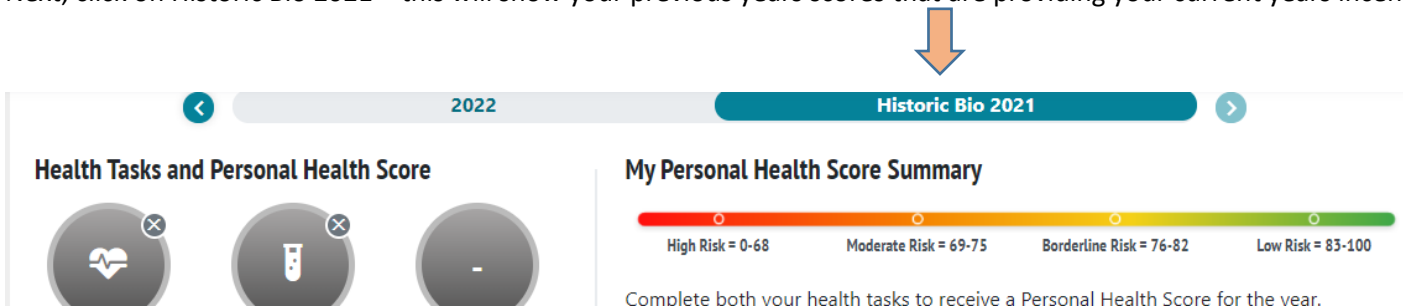


## Where can I check my healthy biometric data that is earning my incentive in 2022?

You can click on Health Assessment located in the blue box on the top of the page.



Next, click on Historic Bio 2021 – this will show your previous years scores that are providing your current years incentive.

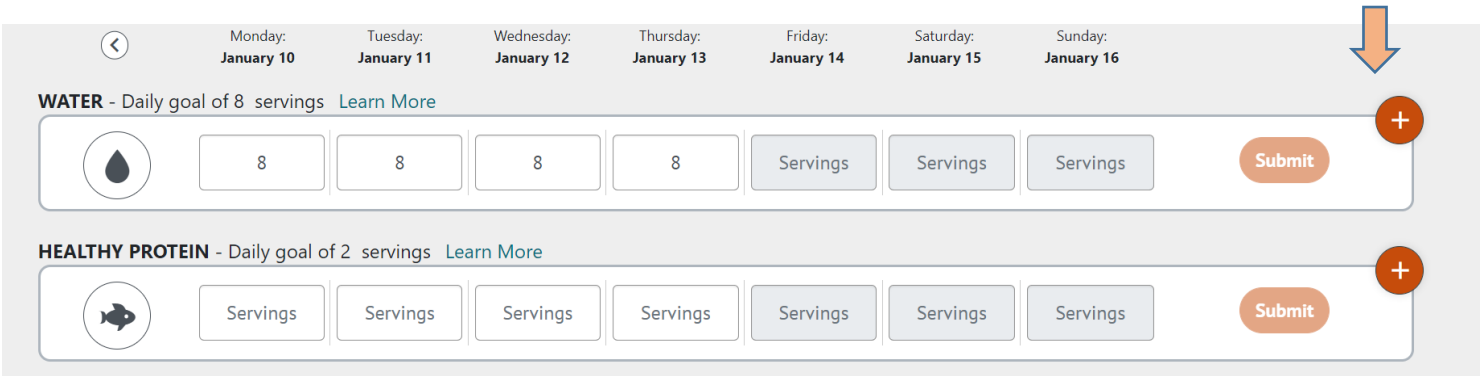


## How can I complete a S.M.A.R.T. Goal in the portal?

First, select SMART Goal Tracking on the top of the home page.



Next, pick a goal from the list that you would like to work on and select the '+' icon.



Select the goal amount you would like to achieve.

Here are the **Healthy Habits** we think would be suitable for you.

Please select your **Healthy Habit** below.

Consume 6 servings of Water per day  2 days per week for 2 weeks Easy Goal	Consume 6 servings of Water per day  3 days per week for 3 weeks Moderate Goal	Consume 6 servings of Water per day  5 days per week for 3 weeks Challenging Goal
Consume 6 servings of Water per day  2 days per week for 4 weeks Moderate Goal	Consume 6 servings of Water per day  4 days per week for 4 weeks Challenging Goal	

Last, select your start date, name your goal, select if you would like text message reminders, and click submit.

## Last step! Let's just confirm the details.

**Category:**

Refuel

**Activity:**

Consume 6 servings of Water  
per day

**Difficulty level:**

Moderate: 3 days per week for 3 weeks

**\*** When would you like to start your healthy habit?

Start Date  
01/17/2022

**\*** What should your healthy habit be called?

What is this?

Healthy Habit Name  
Water Goal

Receive Text Message Reminders

Send to: 7047963620

Save to Favorites?

**Required Field**

Previous

Submit