

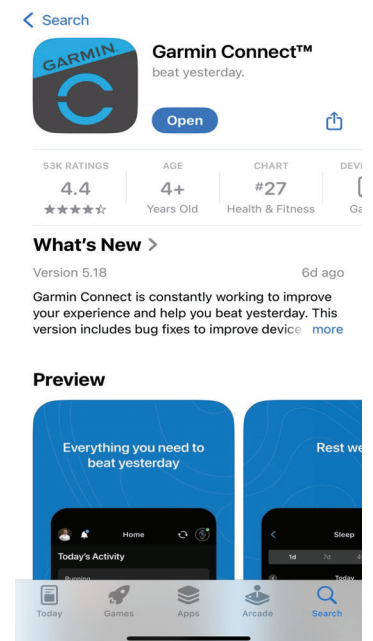


How to set up the Garmin Connect App

What will you need:

A smartphone with internet access and your Garmin watch

1. **Download the App** - Open the App Store (iphone) or Google Play Store (Android) and install **Garmin Connect**
 2. **Open the App** - Log in to create a new **Garmin Connect Account**
 3. **Turn on your Garmin** and press the button to power on your device. It will enter pairing mode automatically.
 4. **Pair your Device** - In the app, tap **ADD DEVICE**, choose **Vivosmart 5** and follow the on screen instructions to connect via Bluetooth.
 5. **Finish set up** - Complete any prompts to finish pairing and begin syncing your data.
- TIP: Keep your Garmin device close to your phone during setup for a faster connection,**



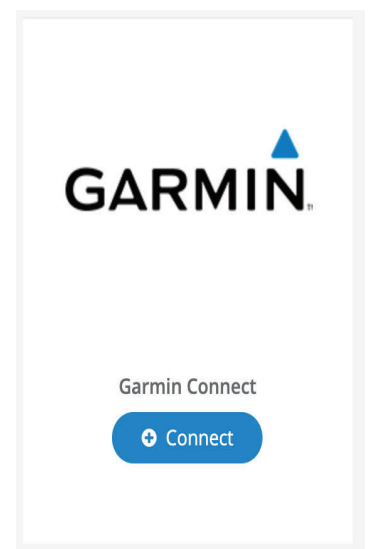
How to connect Garmin to Sweet Rewards

Step 1.) Go to <https://sweetrewards.mckee.com> and sign in or create your account.

Step 2.) Click/tap "Register devices".

Step 3.) Click/tap "Connect" under Garmin.

Step 4.) Sign in with your *Garmin Connect* Credentials. Once finished, Garmin will show as "Connected".



Adding manual entries to Sweet Rewards

Each McKeeFIT participant will receive 12 manual entries per 12-week cycle. We encourage users to use these in the event they have technical malfunctions. Follow the steps below to manually add exercise entries to your Sweet Rewards account.

Step 1.) Sign in to <https://sweetrewards.mckee.com>

Step 2.) Select “Activity Log”.

Step 3.) Select the green “Enter Exercise” button.

Step 4.) Complete one form entry per missing session.

Step 4a.) If you completed 30 minutes of activity enter the time as 00:30.



McKeeFIT Move Manual Exercise Entry

NOTICE: We strongly encourage you to record every McKeeFIT Move exercise using your device. This manual exercise entry form is only for entering an exercise if the device fails to record your workout. You will only be allowed a maximum of 12 manual workout entries per 12 week session. Any manual entries after 12 will be marked by the system as not qualified for McKeeFIT Move and will disappear from your activity list.

Exercise Date	<input type="text" value="05/18/2021"/>	
Exercise Category	<input type="text" value="Cardio"/>	▼
Exercise	<input type="text" value="Cycling"/>	▼
Duration (hours)	<input type="text" value="01:00"/>	
Description	<input type="text" value="Went biking on vacation"/>	
Notes	<input type="text" value="Battery died on band"/>	

I Acknowledge that I am only allowed 12 manual entries in 12 weeks and this is one of those 12.

Save

Cancel

Note: The Exercise Promotion is earned by completing a minimum of 30 minutes of exercise per day, 3 days per week (Sunday through Saturday) for 10 out of 12 consecutive weeks. Exercise can be back dated up to 7 days from the current date.

Sweet Rewards FAQ

1.) How do I earn my incentive?

You may earn your Sweet Rewards incentive through McKeeFIT MOVE by completing 30 minutes of activity, three days per week, for 10 out of 12 weeks. You may divide your thirty minutes into as little as 10 minute segments to earn credit.

2.) Can I do MOVE 4 times in a year?

Yes! Many users enjoy the flexibility of McKeeFIT MOVE. If you complete four rounds of McKeeFIT MOVE, you will earn your full Sweet Rewards incentive. Each time you complete the program, you will earn incentive dollars. The first completion reward is \$200 and each subsequent completion earns you \$150 each, maxing at \$650 for the year.

3.) How do I know if I'm eligible for the Sweet Rewards program?

All Employees and Spouses with active McKee Foods Medical insurance are eligible for Sweet Rewards. For any questions you may have about your Sweet Rewards or eligibility, please email our team at sweet.rewards@mckee.com.

4.) What to do if my device breaks?

If your device breaks, immediately contact sweet.rewards@mckee.com to let us know. We will work with you in troubleshooting the error and issuing replacements if necessary.

5.) Can you notify me if my activities have synced?

Yes! Sweet Rewards now offers a notification system. You can set up an automated email alerting you whenever you complete a workout, whenever you complete a week of McKeeFIT Move, whenever there's a problem with your account, and whenever you earn your health equity dollars.

Step 1: You can do this by signing in to <https://sweetrewards.mckee.com>

Step 2: Select *"Register for Notifications"*

Step 3: Select *"Okay I understand"*

Step 4: Input your email of choice and then select which notifications you want.

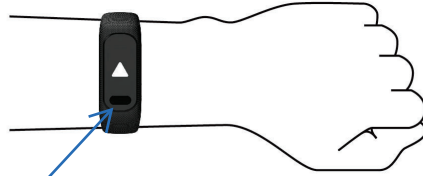
Step 5: Verify your email in your personal inbox to begin receiving notifications

For more questions email us at sweet.rewards@mckee.com. Also check out our full FAQ at <https://sweetrewards.mckee.com/Home/FAQ>

Garmin FAQ

Wear the watch above your wrist bone.

NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



Turning On and Off the Watch

The vívosmart 5 watch automatically wakes when you interact with it.

Select an option to turn on the screen:

- Double-tap the touchscreen
- Press the black button
- Rotate and lift your wrist toward your body.



Resetting the Watch

If the watch stops responding, you may need to reset it. This does not erase any of your data.

NOTE: Resetting the watch resets the move bar.

1. Hold the button for 10 seconds
2. Release button

The watch briefly displays a triangle, and then it displays the watch face.

My phone will not connect to the watch

- Bring the watch within range of your phone.
- If your watch and phone are already paired, turn Bluetooth off on both devices, and turn it back on.
- If your watch and phone are not paired, enable Bluetooth technology on your phone.

- **Garmin has Product Support available at: 1-800-800-1020**
**This is not help with your sweet rewards account this is help with the Garmin watch.*

- **For help with your sweet rewards account please email:**
sweet.rewards@mckee.com