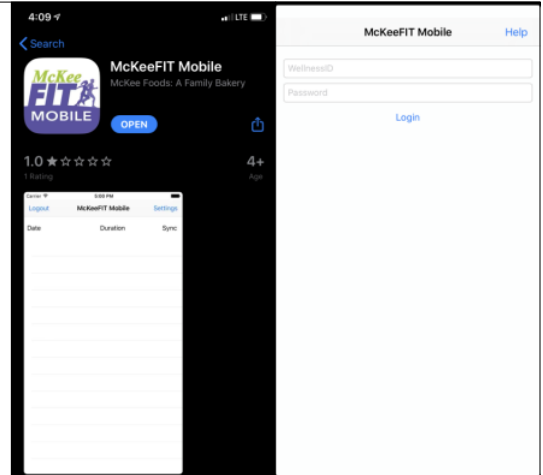


Using Apple Watch for McKeeFIT Move

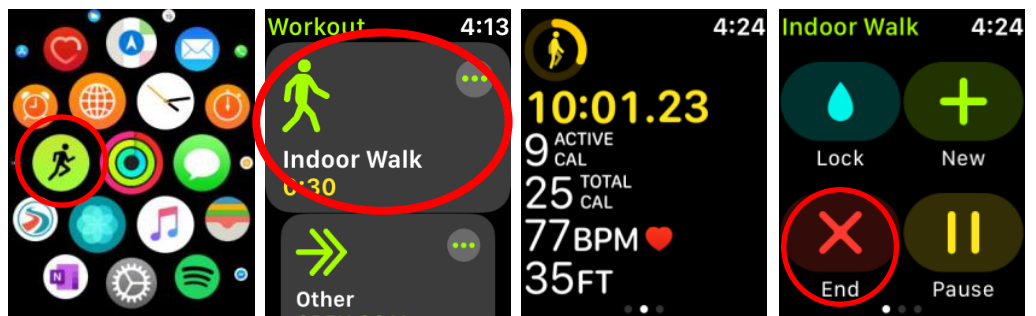
Step 1: Download the McKeeFIT Mobile app to your phone via the App Store.

Step 2: Log in to your account using your wellness ID and Sweet Rewards password. For employees, your wellness ID is your red Employee ID number on the back of your badge. For spouses of employees, the wellness ID is their spouse's Employee ID number followed by the letter S. Example: 000001S



Step 3: Start a workout in the Workout app on your Apple Watch.

Step 4: Swipe left to click End when you are finished with your workout.



Logout	McKeeFIT Mobile	Settings
Date	Duration	Sync
12/19/2019	0H 10M 1S	<input checked="" type="checkbox"/>

Step 5: Open your McKeeFIT Mobile app.

Step 6: Click on the sync toggle on each activity you would like to sync to Sweet Rewards.

Step 7: Go to the Sweet Rewards website at sweet-rewards.mckee.com periodically to make sure your activities are syncing. It can take around five minutes for the activity to sync.

