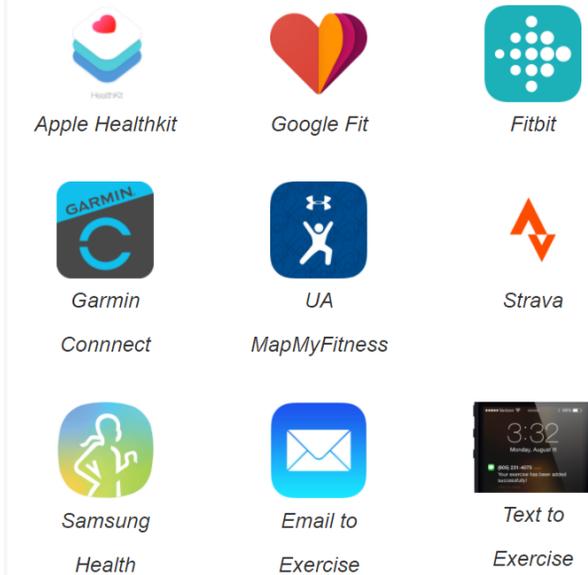


DID YOU KNOW...

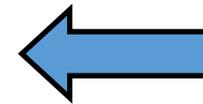


You can report your exercise to your wellness portal by syncing your wearable or update your exercise by text or email!

Fitness Apps/Devices



Just log into your wellness portal (<https://asbpt.corewell365.com>) and click on the icon that applies to you.



Follow the online instructions to get your device synced to the portal or set up your text/email to exercise option.

NO FITBIT OR WEARABLE DEVICE? NO PROBLEM!

You can set up the portal allowing you to **text or email your exercise**, helping with the overall ease of tracking!