



**HFM's Wellness Program -2020**  
***Motion Connected online platform***  
 Join us and find the keys to a healthier you!

- Create your own personal account
- See what, where, when and how for all wellness activities in one place
- Integrate popular fitness trackers like Fitbit, Garmin and the Apple Watch
- No more searching for important forms and websites – find them all easily in your Scorecard
- Choose from a variety of activities to complete and record in your Scorecard for credit
- Handy free app now available – MC Hub

- Earn keys (points) to earn cash rewards
  - ❖ Rewards include the “wellness incentive discount” on your health insurance premium, \$100 or \$250 cash bonuses.
- Participate in challenges
- Create your own wellness goals
- Compete against other organizations and your co-workers!

Contact your Wellness Champion or Employee Health Services - x4689  
 for help with registering your account