

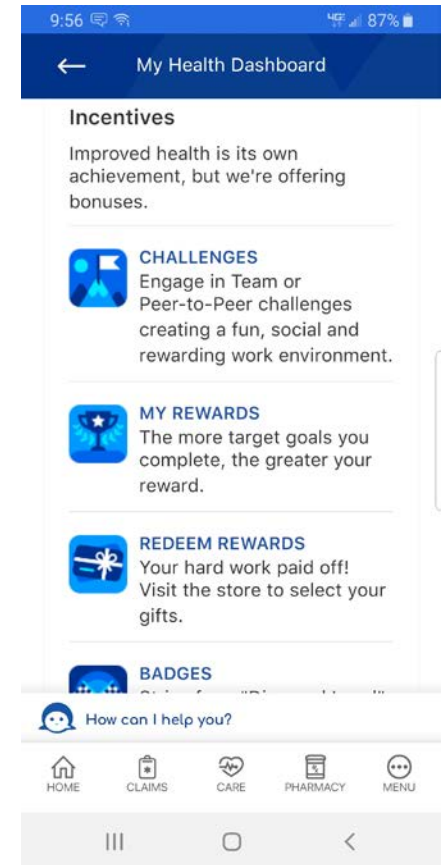
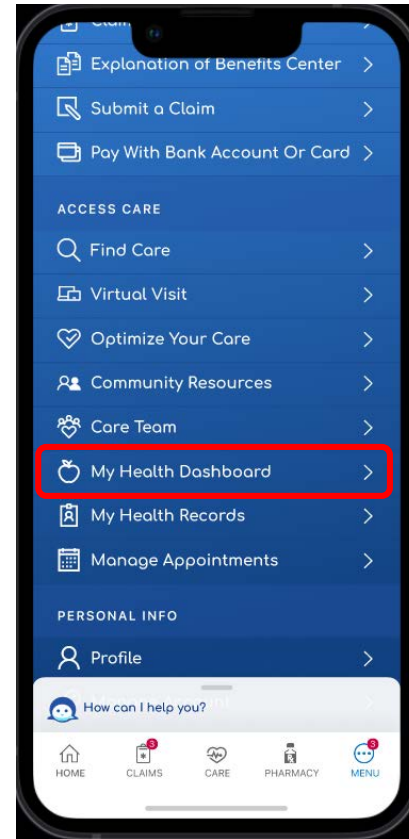
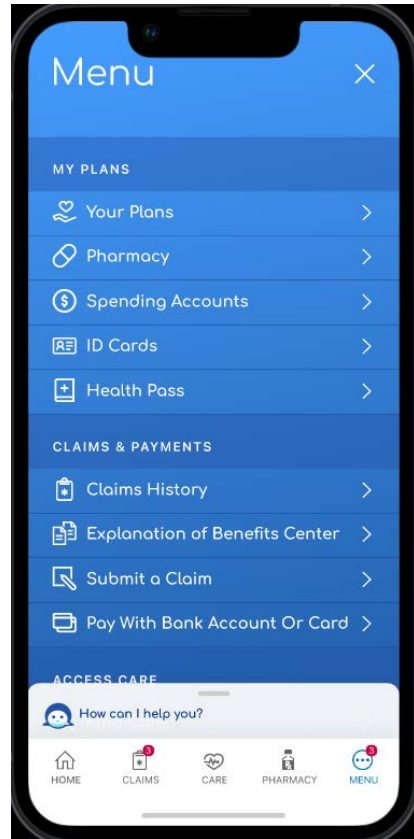
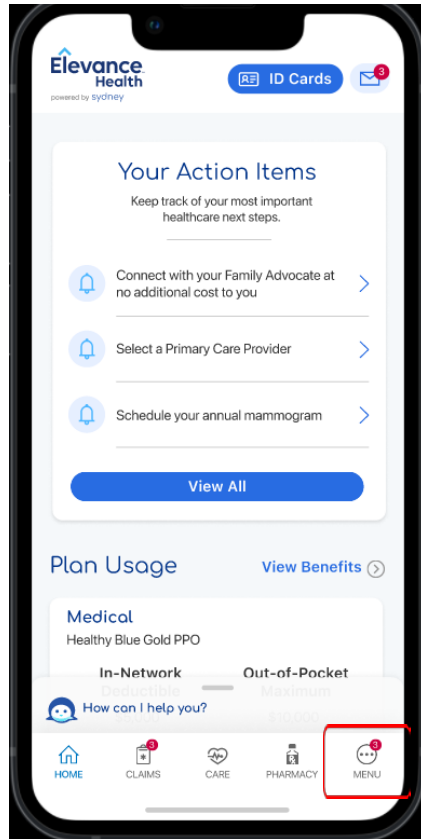
# How to Navigate your Wellness Experience in Sydney

# Locating your Wellness Experience

From your home page select “Menu” in the bottom right corner

Once on the Menu, scroll down and select “My Health Dashboard”

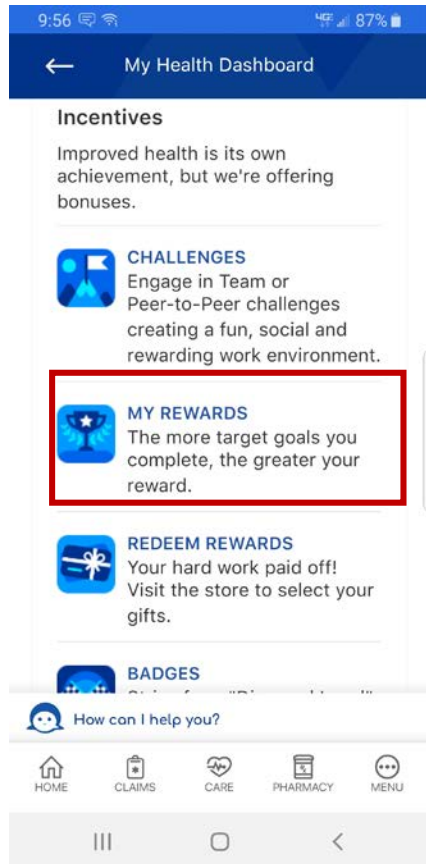
Once on My Health Dashboard, scroll down to the “Incentives” section



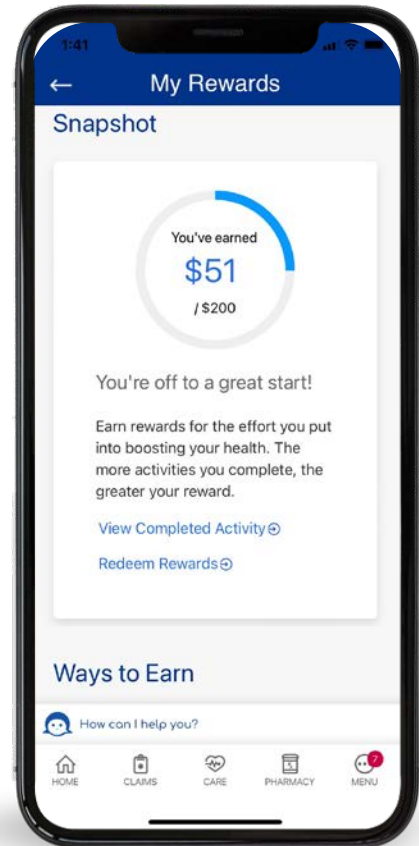
# Locating your Rewards

From the Menu page

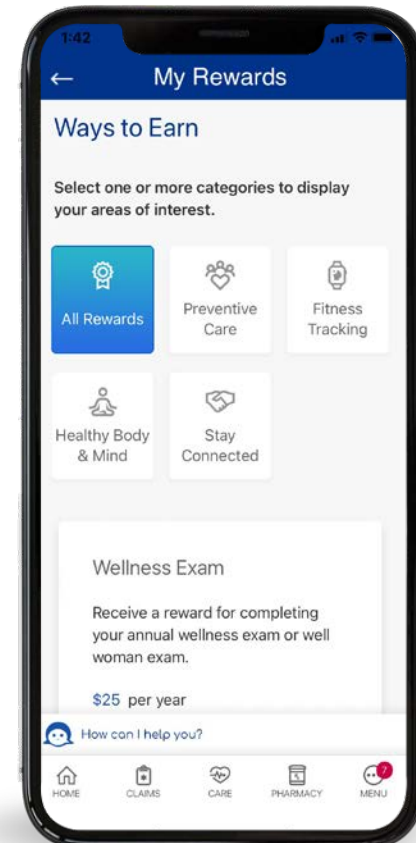
Select “My Rewards” from the Incentives menu on My Health Dashboard



On the homepage you will see how much you have earned



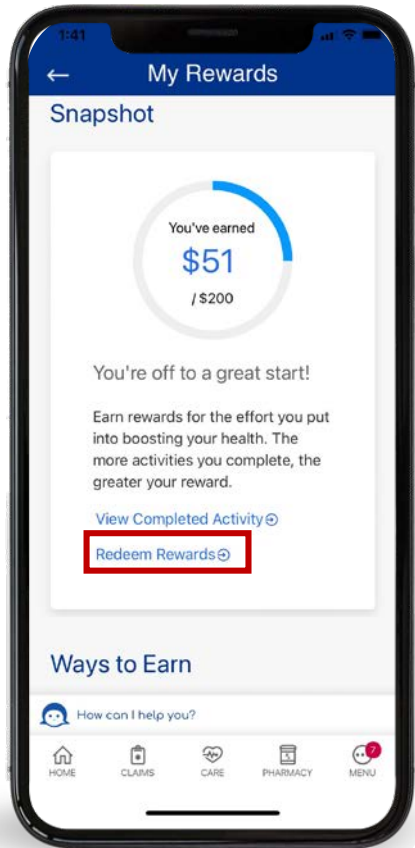
Scroll down to see all rewards activities available to you



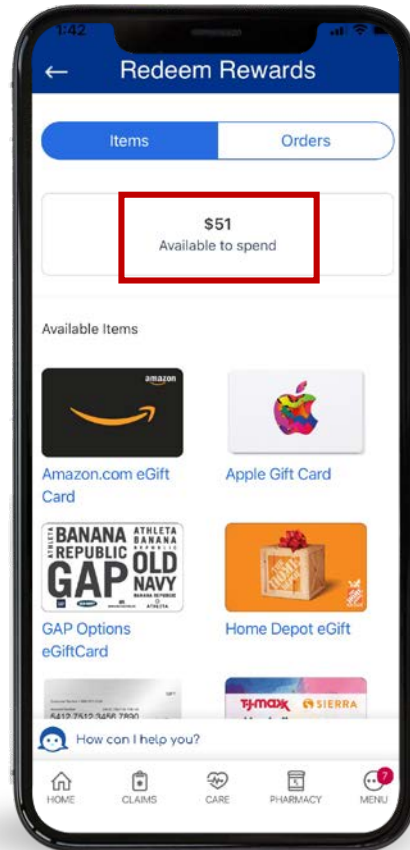
# Redeeming your Rewards

From the Menu page

Select “Redeem Rewards” from the My Rewards homepage



You will see the amount available to spend along with the gift cards available for purchase

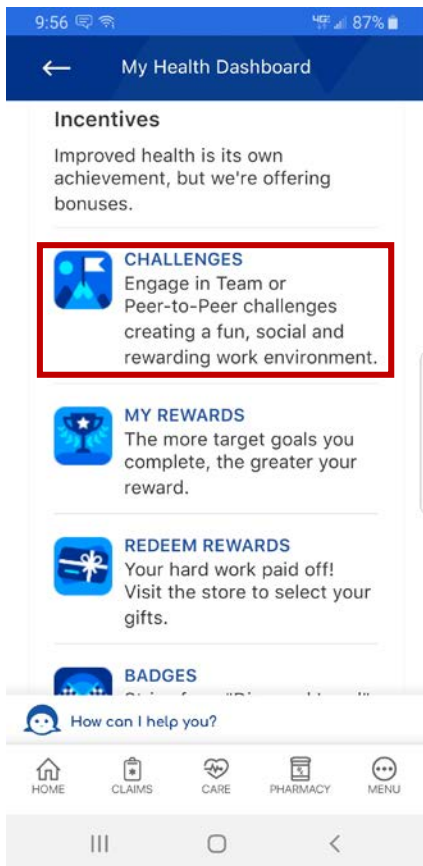


After redeeming your eGift card, you will receive an eGift card code that populates in the Orders sections of Redeem Rewards and can be used to redeem at merchant or wherever accepted. You will also receive a secure message sent to your Message Center in Sydney (web and app) that contains your eGift card code.

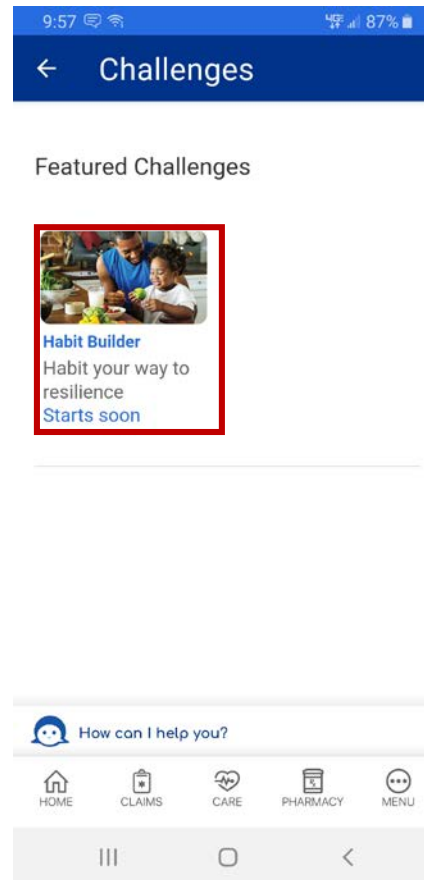
# Locating your Wellness Challenges

From the Menu page

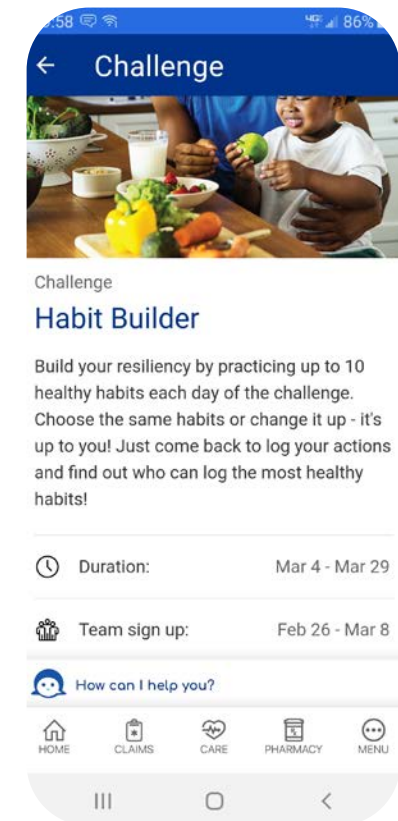
Select “Challenges” from the Incentives menu on My Health Dashboard



Click on your “Featured Challenge”



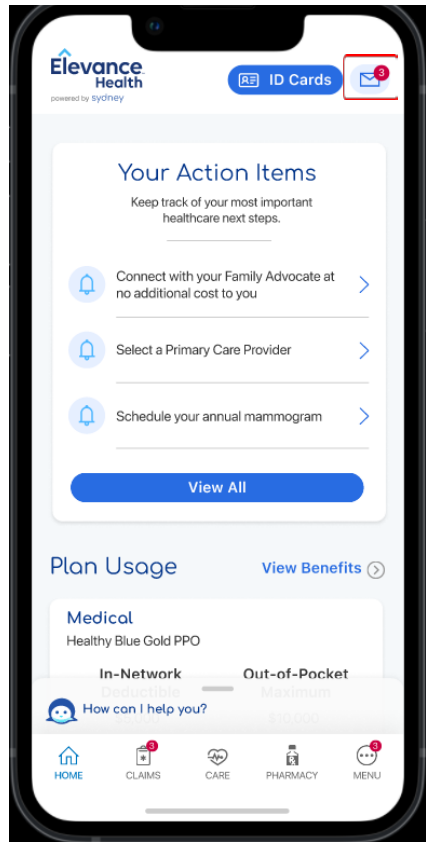
Once on My Health Dashboard, scroll down to the “Incentives” section



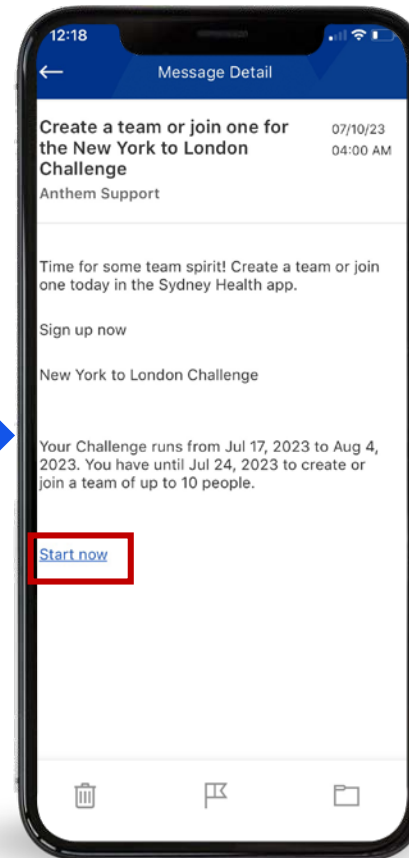
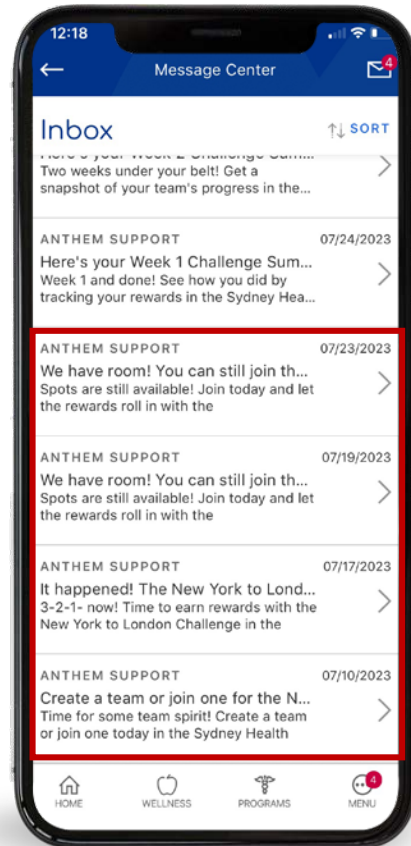
# Locating your Wellness Challenges

## From the Secure Message Center

Select the envelope in the top right corner of your screen



Click on any of the Challenge related messages and follow the links



You will be brought directly to the challenge

