

Health and Fitness Tracker

Our Health and Fitness Tracker is a benefit that provides retirees with opportunities to improve both their physical health and mental sharpness. The tracker is a wearable fitness device designed to promote an active lifestyle focusing on physical activity and accountability for healthy outcomes. The benefit also includes access to online programs aimed at encouraging physical activity and mental sharpness.

The program includes:

- one fitness device every 2 years.
- membership in an online program for retirees set goals, participate in challenges, and track their physical activity.
- membership in an online program designed to improve memory, maintain focus and other aspects of mental acuity used in daily living.

