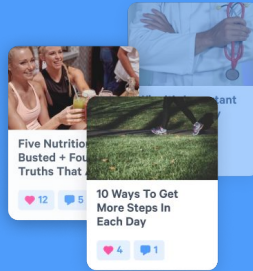


MoveSpring

A REWARD GATEWAY COMPANY

Best in class for a fun, easy-to-use wellbeing challenge experience

android



Apple WATCH

Google Fit

iPhone

MISFIT

fitbit

Why MoveSpring?

It's fun, easy to use and helps your company build community

- Encourage and support employee wellbeing
- Enhance culture and connections
- Over 300k challenges run, 2+ million users on the platform
- Accessible and inclusive to all



No matter your employees' wellness level, MoveSpring will help motivate all to engage in a holistic lifestyle:

- Activity and healthy habit challenges
- Social interaction and communication features
- Timely, relevant insights and lifestyle content

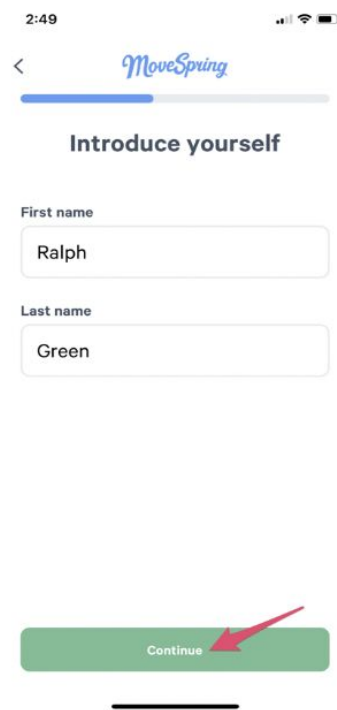
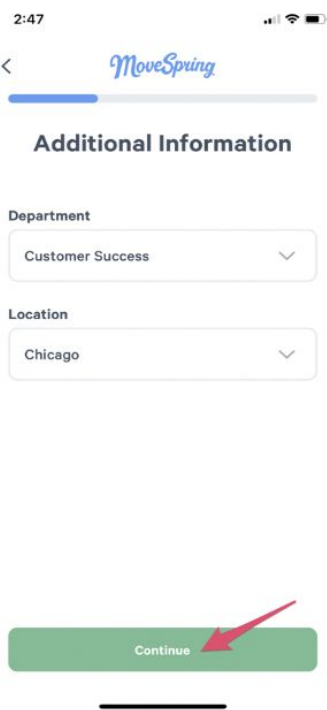
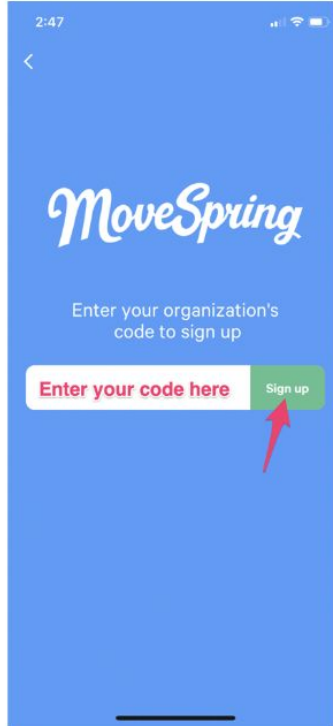
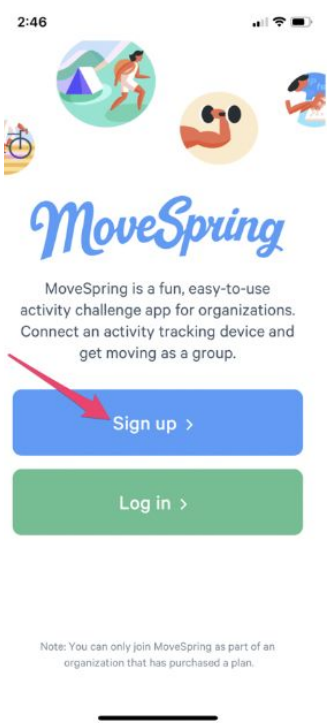


How to register



How to register

You can register on mobile or web. Mobile preferred*



Device Integrations



App connects directly to nearly all leading smartphone applications and wearable devices



Integrations are **built in-house** and are part of our proprietary technology



Optimized user experience on mobile and web application.



android

Apple WATCH

Inclusive Access & Activities



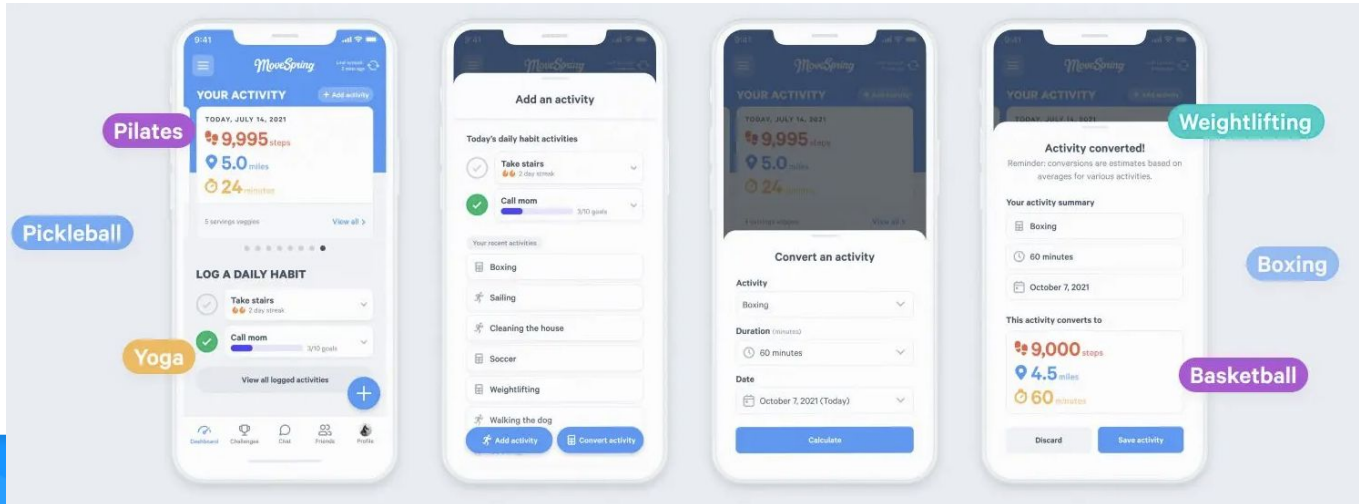
Users can also track activity manually or use our activity converter



Users without a device can track activity manually



Earn credit for various activities with our in-app activity converter





**Can I use MoveSpring
between challenges?**

Friends

Add friends for ongoing, daily competition with those you know best!

View your friends leaderboard, send direct messages in chat, and track each other's activity even when you're not in a challenge.



TODAY'S TOP FRIENDS



 **lilmouse399**
Cheese Eater | Hiding in your Kitc... **10,014**

 **bluebear234**
Big Bear **8,992**

 **BigStepper22**
Jason Moorman **8,458**

 **stepsister33**
Amy Banks | Ohio **6,231**

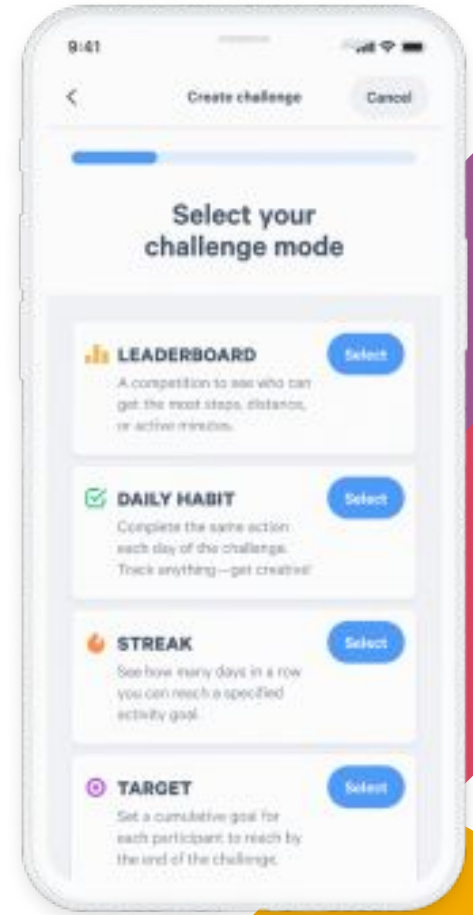
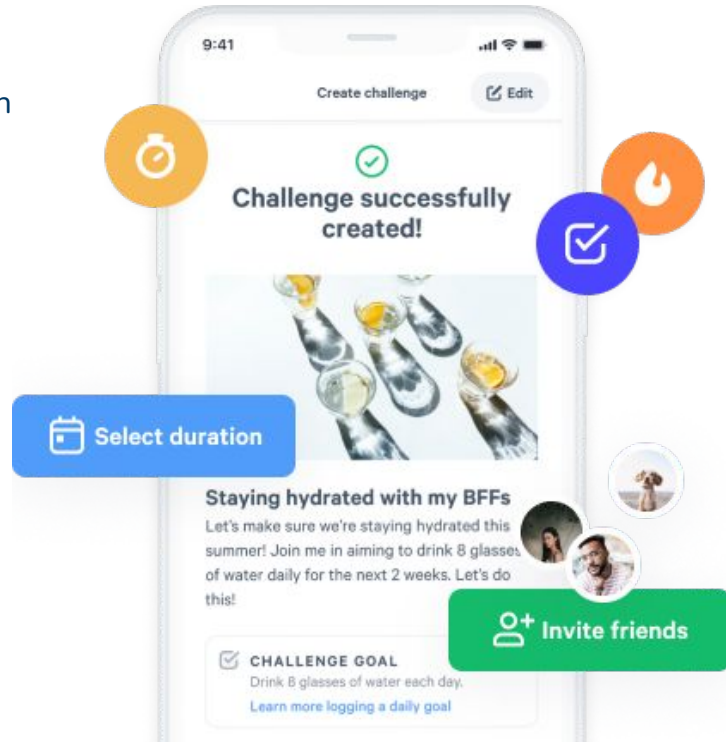
 **walkingmomof2**
Mary Jo **5,999**

[View friends leaderboard](#)

User-Created Challenges

Create and run your own challenges with Friends to keep the momentum going!

Choose between a Leaderboard, Daily Habit, Virtual Race, Streak, or Target challenge.



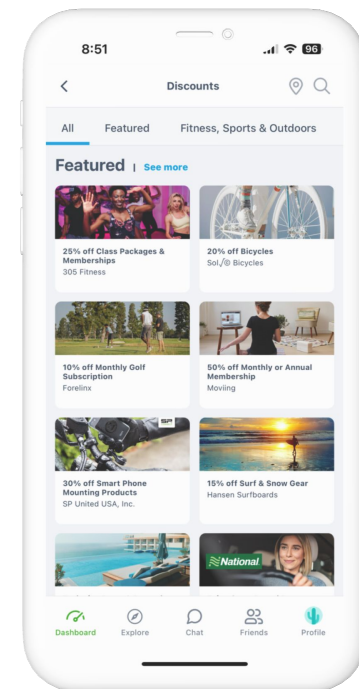
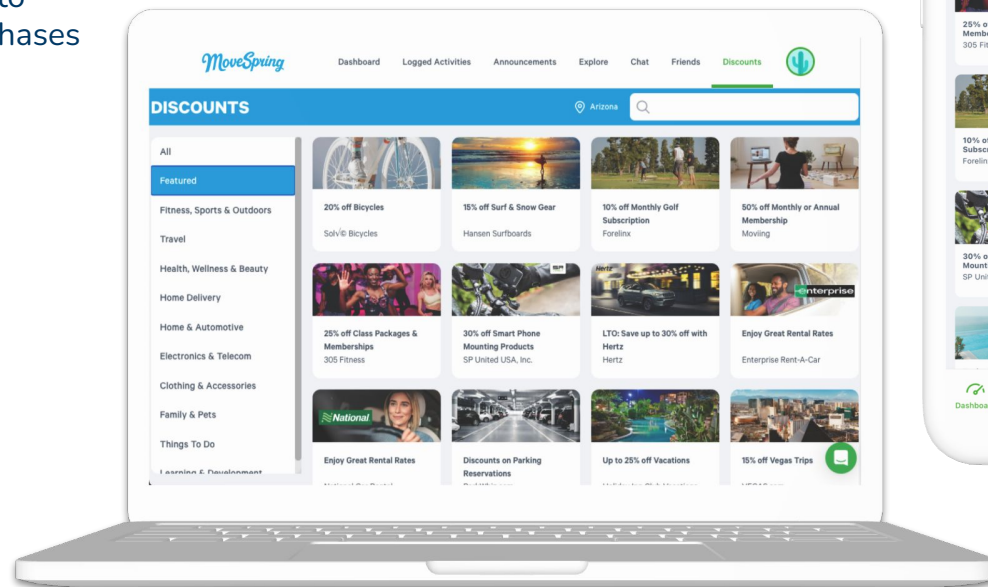
Discounts Lite

MoveSpring offers exclusive discounts to help save you money on everyday purchases while investing in your wellbeing.

This includes

- ✔ Fitness Equipment
- ✔ Travel
- ✔ Health, Wellness, & Beauty
- ✔ Pet care

...and more!

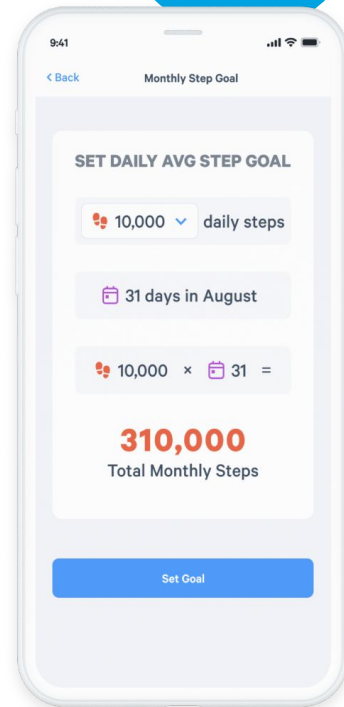
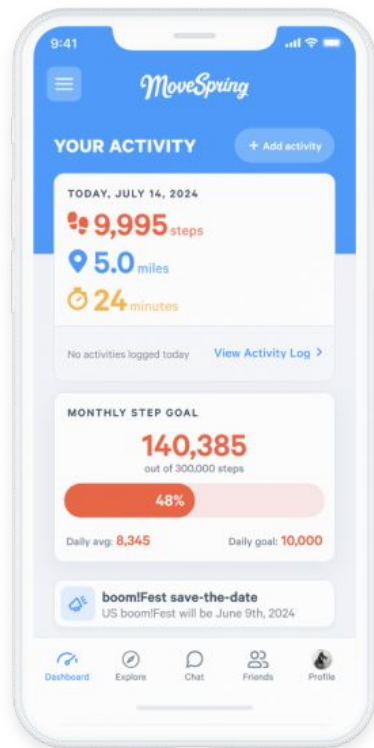


Monthly Step Goal

Keep stepping outside of challenges by setting a personal target goal each month!

You can easily track your progress in your dashboard, helping you stay consistent and making daily movement a habit.

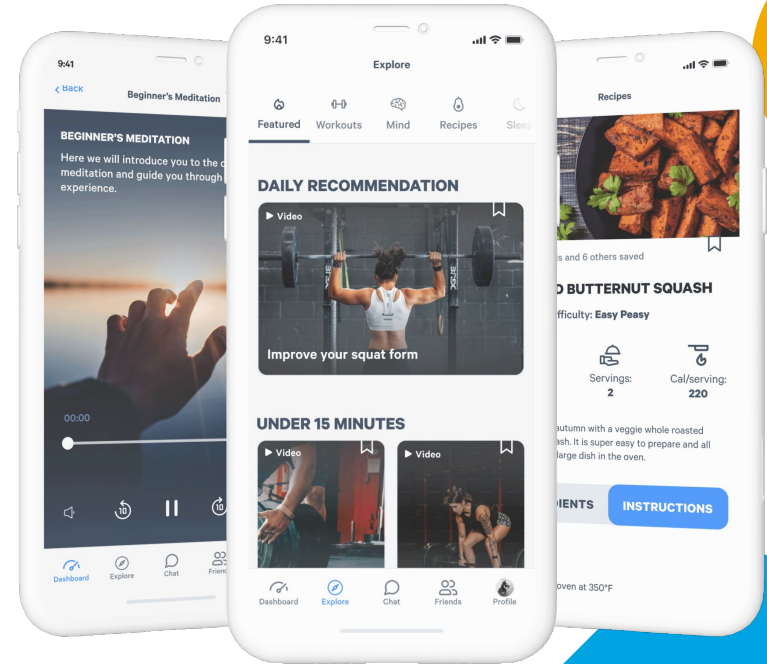
Don't forget to cheer your colleagues on in the chat!



Explore

Full access to MoveSpring's on-demand physical, mental, and nutritional wellness content year round.

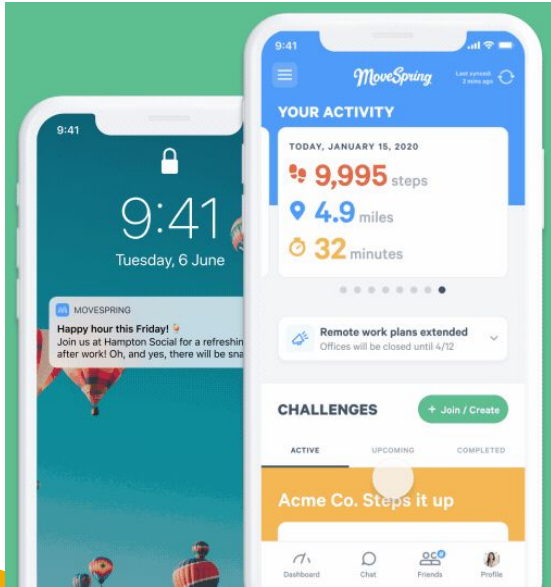
Our goal is to empower you to support your overall health beyond tracking steps and on your own time.



**How do I stay
up-to-date?**



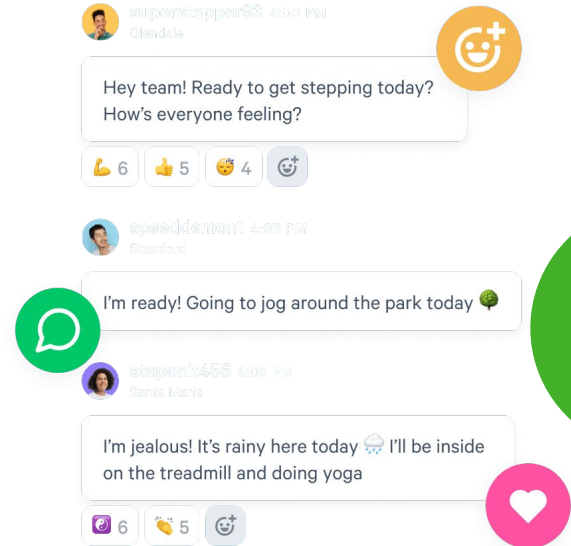
In-app Communication Tools



Announcements will post in your dashboard with updates, reminders, and other information.

Chat allows you to share photos, add reactions, and cheer each other on.

Send messages during to your team, challenge group, friends, and monthly step goal!



Wellbeing Calendar

Check out our calendar to view upcoming company events, spotlight health observances, challenges, program updates, and more.

Easily RSVP to events and join challenges without leaving MoveSpring!

[View your profile](#)

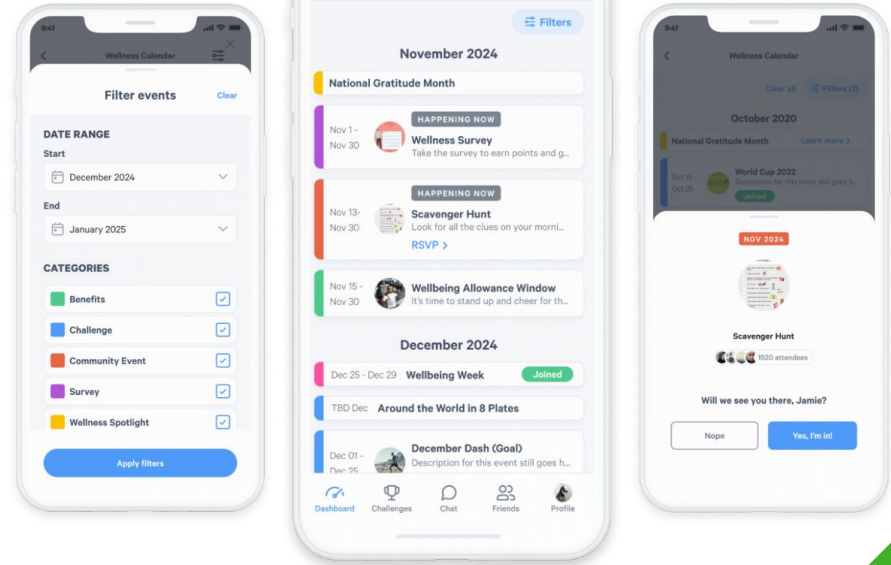
 Notification Center

 Friends

 Announcements

 Settings

 Log out



Visit the **Notification Center** by clicking on the top left corner to ensure you never miss an important update.

Support & Rescues



Getting Started & FAQs

[Getting Started with MoveSpring](#)

[Navigating MoveSpring's Mobile Dashboard](#)

[Your Profile & User Account Settings](#)

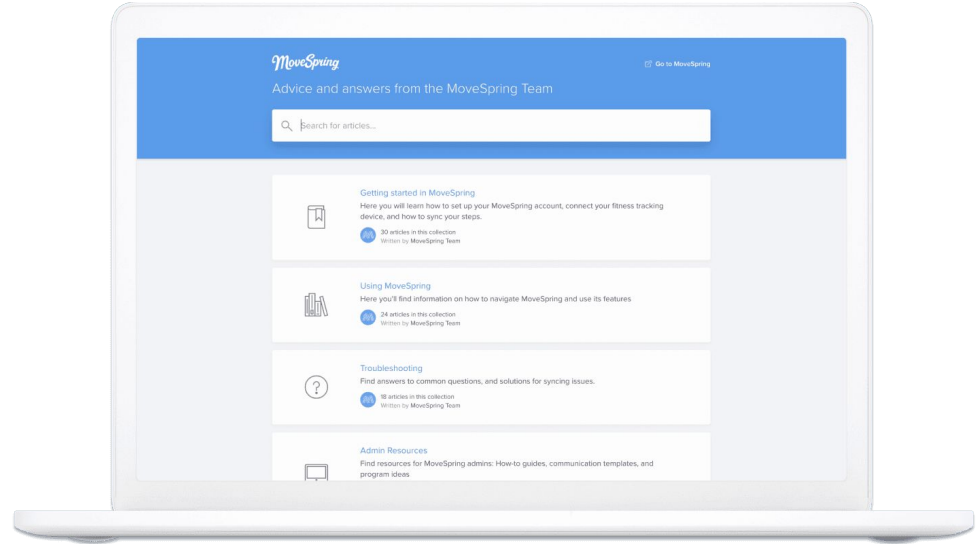
[How does the Activity Converter work?](#)

[Cycling FAQs](#)

[How to log manual activity](#)

[How to Access and Redeem Discounts](#)

[How to Set & Track your Monthly Step Goal](#)



NEED HELP?

Check out our [Help Center](#)

Our robust library of support articles ensures help is just a click away.

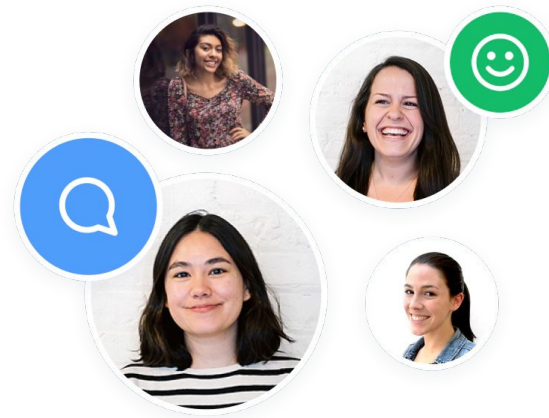
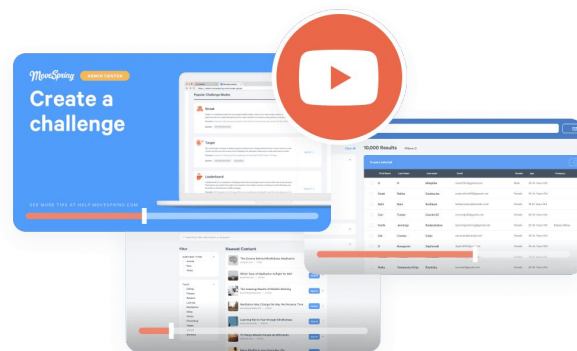
Visit our [YouTube Page](#)

Watch a variety of tutorials and how-to videos for visual guidance.

Have a question?

Send an [in-app](#) message or email help@movespring.com.

Support hours are 9 am-5 pm (US, Central Standard Time), Monday-Friday.



The image features a central text message in a bold, dark blue, sans-serif font, slanted upwards from left to right. The text is surrounded by a dense, circular pattern of thin lines radiating outwards, resembling a sunburst or a starburst. The lines are primarily dark blue, but interspersed with them are lines in various colors including orange, yellow, green, light blue, pink, and purple. The overall effect is one of energy and positivity.

**Let's make the
world a better
place to work**