

MoveSpring



Believe it or not, you can get fit and have fun doing it!

Introducing MoveSpring!

Available to all team members enrolled in an Aegis Benefit Plan

We will be hosting a series of challenges through an app called MoveSpring. In the app, you can connect your wearable device or smartphone to automatically track your activity. Compete in fun challenges against others, set new goals for yourself and watch your progress over time.

Don't have a smartphone or wearable device such as a Fitbit, Apple Watch or Garmin? No problem. There's an option to record your daily activity manually when you sign-up.

Happy Stepping!

How to sign up

You can access the MoveSpring app by creating an account on app.movespring.com or by downloading the iOS or Android app.

Click this join link:

<https://link.movespring.com/join?orgCode=AegisWellness>

You'll be navigated to the MoveSpring website, or to download the mobile app.

Follow the steps to create your MoveSpring account and connect a device.

Our organization code is **AegisWellness** and you will need your 5 digit Employee Identification Number (EID).

Need help?

Check out the MoveSpring Help Center, how-to videos or contact their support team.

To contact MoveSpring Support in the mobile app, tap the menu bars at the top left corner of the dashboard and then tap the green Message support button at the bottom of the utility panel.

On web, click the blue chat icon at the bottom right of the screen.

You can also reach the MoveSpring support team at help@movespring.com.