

FEB 01 - OCT 31

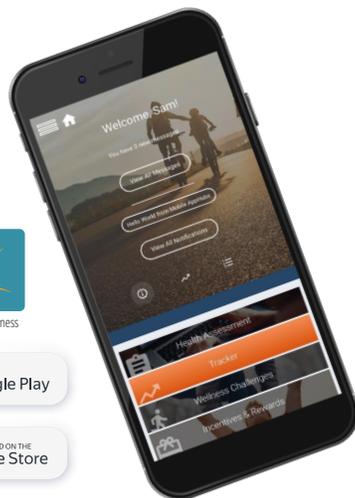


PLUG INTO WELLNESS

PORTAL REGISTRATION

1. Visit **myGilsbar.com** & select **First Time User?** **Click here to register**, select **Participant**.
2. Enter your first and last name, group number, **S2841**, and email address.
3. Complete the requested information and select **Next**. Then complete the email authentication process to activate your account.
4. Login to **myGilsbar.com** and click **Wellness Center** on the right-hand side.

If you would like to utilize the **Gilsbar Wellness app**, please follow the prompts to create a username and password to access the Wellness Center. This additional setup of a username and password will be used for accessing your account via the **Gilsbar Wellness app**.



Gilsbar Wellness



GET IT ON
Google Play



DOWNLOAD ON THE
Apple Store

MOBILE ACCESS

1. After completing the Portal Registration, download the **Gilsbar Wellness app** on your mobile device.
2. Bypass the Registration Code field by selecting **Already Have a Login**.
3. Enter the **username** and **password** created in the Portal Registration. You can view your username and update your password at any time on the Account Settings page in your Wellness Center.

MANAGE YOUR COMMUNICATIONS by visiting the COMMUNICATIONS icon in your Wellness Center to opt-in or opt-out of specific communications, including smartphone notifications and portal messaging.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward(s) under this program, email Gilsbar at CustomerService@Gilsbar.com, and we will work with you to develop another way to qualify for the reward.