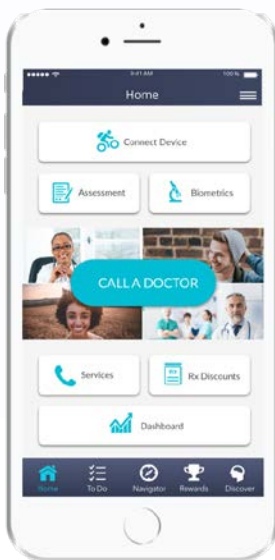


# The Helix App Tour

1



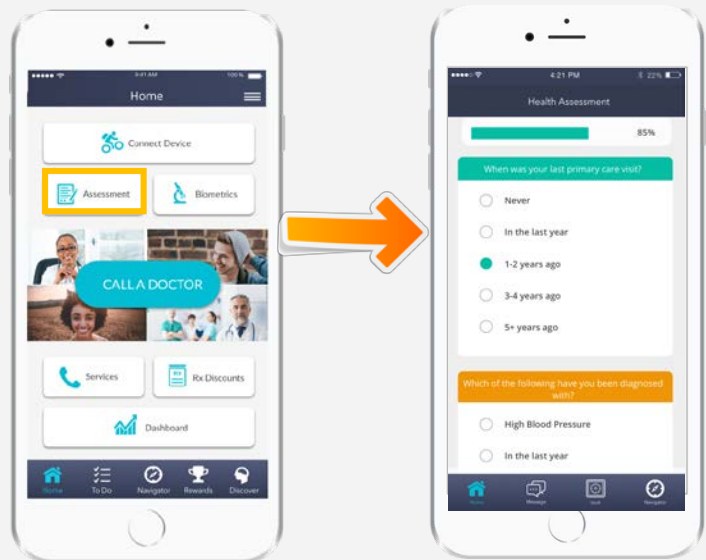
## DASHBOARD

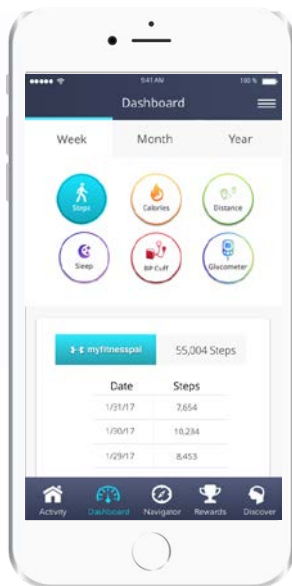
After registration, the first screen you will see is the Dashboard screen. This screen will direct you to all available features of your program.

2

## ASSESSMENT

The assessment is on the top left of your dashboard. It should take you no more than 90 seconds. This is a necessary step in completing registration.





## ACTIVITY DATA

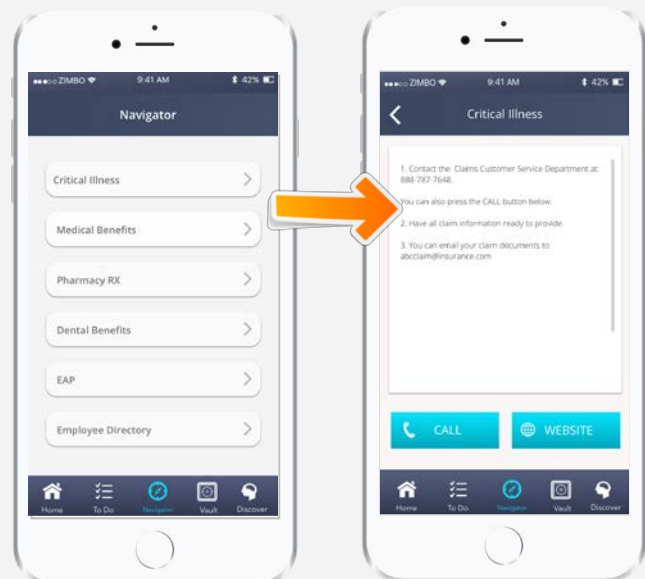
The activity data dashboard is here to keep track of all your weekly, monthly, and yearly activities. Steps, distance, calories, and sleep are all recorded here for easy access.

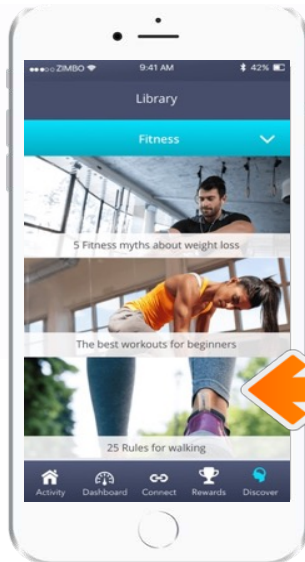
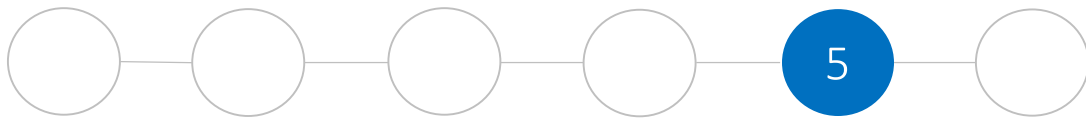
*TIP: If you don't have any health devices, connect to one of the many free apps our application connects with: Moves, Strava, Runkeeper, Mapmyfitness, and more.*



## THE NAVIGATOR

The navigator is an area that stores important websites, numbers, and detailed information. Overtime, your company may populate more numbers as services are expanded.





## DISCOVER

Discovery is our content area for cutting edge health information. Our repository of articles include authorship from world renowned doctors, physicians, researchers, and practitioners.



## HELIX Rx PRESCRIPTION DISCOUNTS

The prescription discount program is powered by HelixRx card technology. Our program leverages the power of group purchasing to negotiate discounts on behalf of our members. Our members regularly save up to 80% on common pharmaceutical drugs. FDA-approved medications are available within our network. More times than not, our pricing is much less expensive than the insurance company's pricing for generic drugs.

