

READY TO GET STARTED? Create your account TODAY!

HERE'S HOW: Head to www.motionconnected.com/app.

1. Tap the icons to download from the Apple app or Google Play store or click the “Create Account on Desktop.” button if on a laptop or computer.
2. Use code **1B0-132D2-9D1** to activate your account.
3. Option: Go to “Link Device” page to connect your compatible activity tracker

NOTE: Be sure to allow app notifications to receive important reminders and challenge updates.

NEED HELP? [Watch this short activation video](#)

ACTIVITY TRACKING OPTIONS

Activity trackers are a great way to track activity throughout the program or to participate in any activity challenges. [Read more on activity tracking options!](#)

Have any questions? Contact the Motion Connected customer care team at [Visit Motion Connected's Support Center or your MMA wellness department at Total.Health@Marshmma.com](#).