



10 Reasons to Register with SimplyWell

- 10** Receive a **19-page** comprehensive personal **Health Report**.
- 9** Learn new ways towards leading a **healthier life**.
- 8** Call the **24-hour** nurse call line with any health concerns.
- 7** Access to a wealth of **health topics and information**.
- 6** **Track** activities like taking the stairs instead of the elevator.
- 5** Keep **healthcare costs down** for your family.
- 4** **Calculate your BMI** through the Wellness Resources link.
- 3** Learn ways to **control stress** through the Healthy Living link.
- 2** Earn **First Data's wellness incentives** for participating.
- 1** It's **FREE** to you!