



# Download the My Pathway To Health® Mobile App Today!

KYN for 2024 Program Year

## TO DOWNLOAD:

- Scan the QR code to the right or open **www.mypathwaytohealth.com** in your mobile browser to be directed to the iOS App Store or the Google Play Store and select "Download"
- Once downloaded, register with your:

**Employer Code:** SRPMIC

**Last Name**

**Participant ID:** Your employee ID



### MANAGE ACTION LIST

Complete and track your program completion using the Action List. Get started by tapping "Complete" in the top right corner of the main dashboard screen!



### COMPLETE YOUR KNOW YOUR NUMBER (KYN)® QUESTIONNAIRE

No need to access a desktop computer - take KYN® from anywhere at any time!



### HEALTH TRACKERS

Monitor your steps, track caloric intake, blood pressure readings, blood sugar, and more. Sync your fitness tracker to the app to making tracking your health even easier!



### HEALTH COACHING

Communicate securely with your Health Coach to provide health updates, ask questions, and schedule coaching calls!

**Assess Your Health.**  
**Improve Your Health.**  
**Earn Incentives.**



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