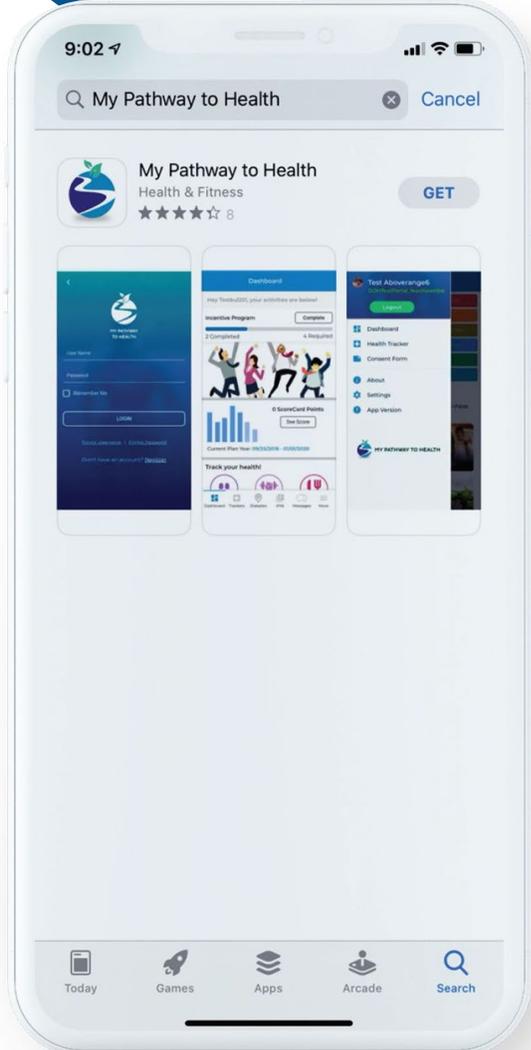


Download the My Pathway To Health[®] Mobile App Today!

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, select “Register Your Account” and enter:

- Employer Code: **Ardent**
- Participant’s Last Name: **For example, Smith**
- Participant ID: **Ardent Health Employee ID.**
 - **For example, 123456** Your spouse/domestic partner, should enter their last name for the participant’s last name (**For Example:** Roberts) and your Ardent Health Employee ID plus the letter **S** for the Participant ID (**For Example:** 123456S)



Manage Action List

Schedule your biometric screening, view which incentives you have earned, and enroll in a Reasonable Alternative or Appeal. 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.

NOTE: The MPTH Mobile App will prompt you to upgrade the app when a new version is released. It is also best practice to keep your phone's operating system installed with the current release.