

# Let's grow well together.

The Difference Card is proud to provide our members with innovative wellness tools to help you lead healthy, well-balanced lives.



## Integrated Wellness Tools

Tracking Tools Include:

- Physical Activity
- Biometrics
- Nutrition
- Weight
- Sleep



Tracking Tools



Integrated with Fitbit, Jawbone & MyFitnessPal.

Wearable Device Integration

Live Webinars

A new live webinar presented every month.



Over 20 Online Classes, available 24/7 covering a range of health topics.

Online Health Classes

Monthly Wellness Challenges



Challenge yourself to get healthy with a new Wellness Challenge rolled out every month!

OVER 2.5 BILLION STEPS TRACKED WITH THE DIFFERENCE CARD!

Visit [www.DifferenceCard.com](http://www.DifferenceCard.com) to learn more!