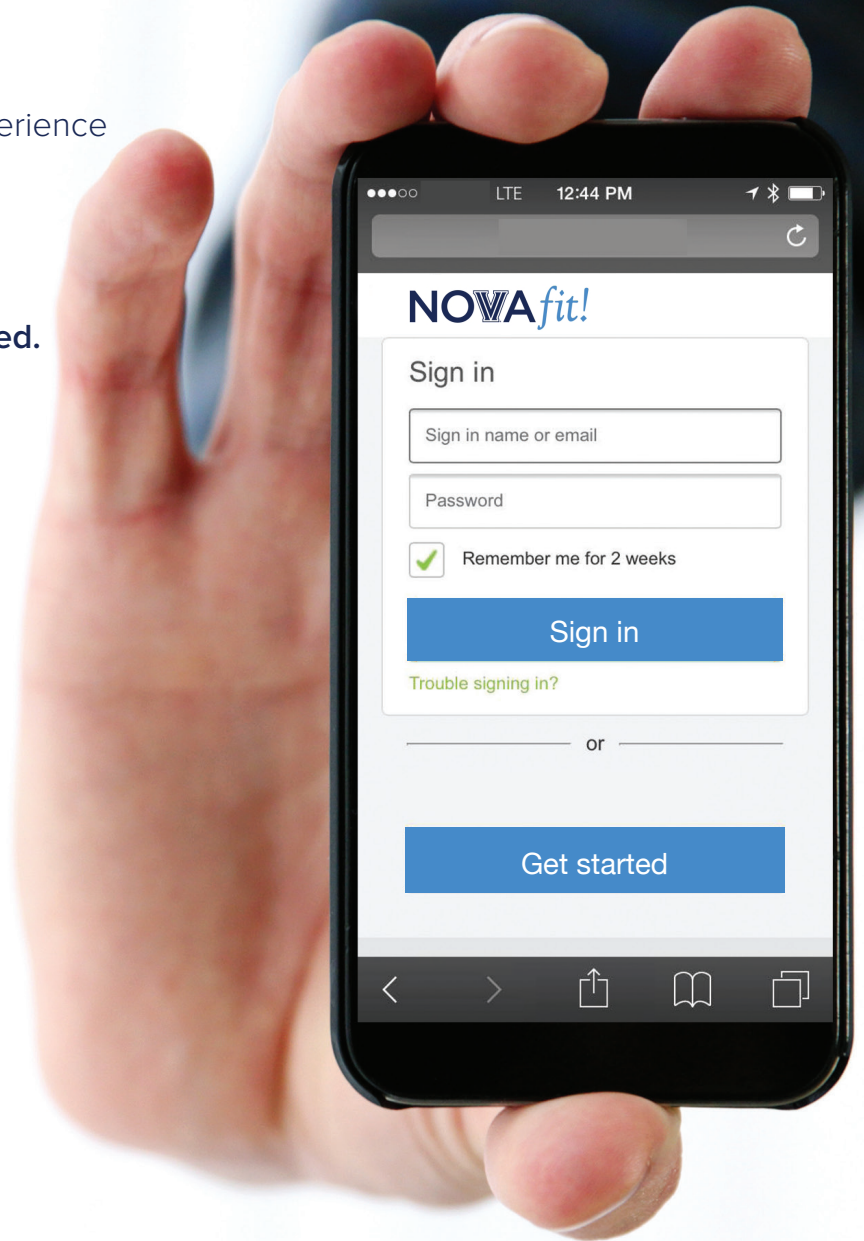


# WE'VE GONE MOBILE!

Log in from your phone or tablet to experience health and wellness at your fingertips.

- ✓ Track challenges on the go.
- ✓ Check out what level you've achieved.
- ✓ Join new challenges.
- ✓ Find resources on the Topics page.
- ✓ Sync your activity apps & devices.
- ✓ And more!

## NOVAfit!



## CREATE A SHORTCUT ON YOUR HOME SCREEN

Navigate to your platform easily by adding the log in page to your home screen.

1. Open a web browser.
2. Navigate to Villanova.mywellmetrics.com.
3. Click the share icon.
4. Click Add to Home Screen.

