

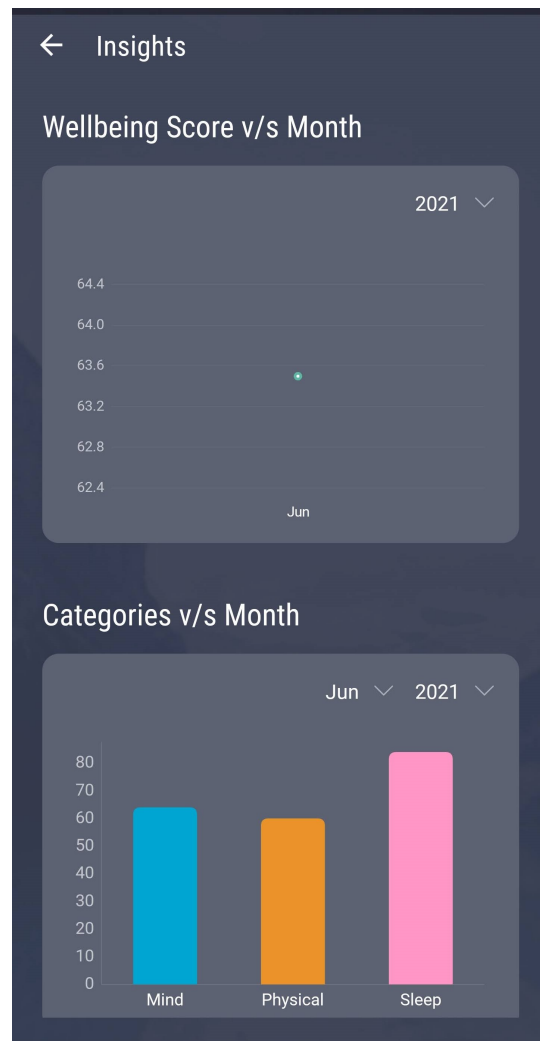
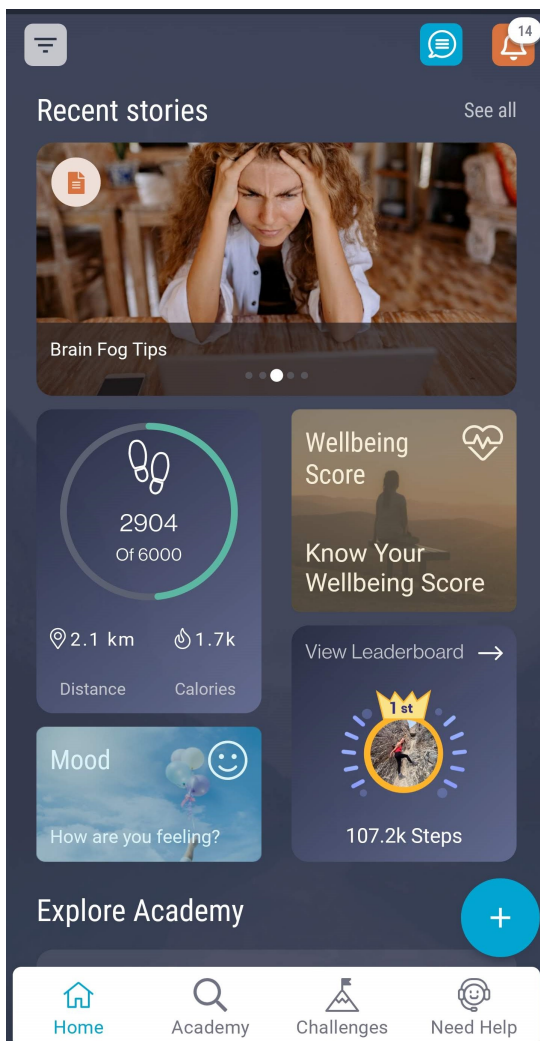


ZEVO<sup>®</sup>HEALTH



## How to Check your Wellbeing Score

1. Your Wellbeing Score is based on a series of questions. The questions cover 5 areas: Mind, Physical, Sleep, Nutrition and Life Balance. It gives you an overall snapshot of your wellbeing and where you can improve upon.
2. Over time, you will be able to track improvements and changes in your Wellbeing Score.
3. You can access the Wellbeing Score from your Home screen by clicking into the "Wellbeing" section.



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