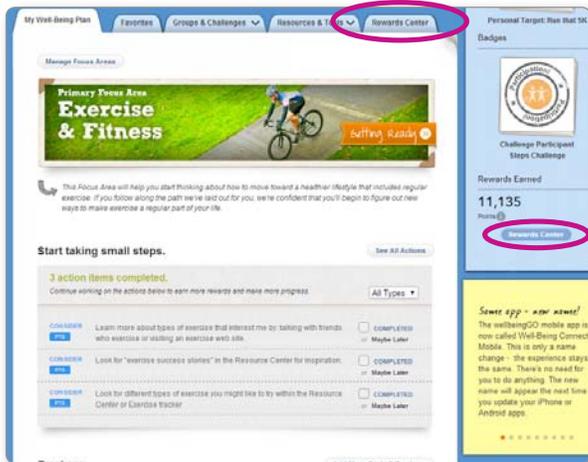
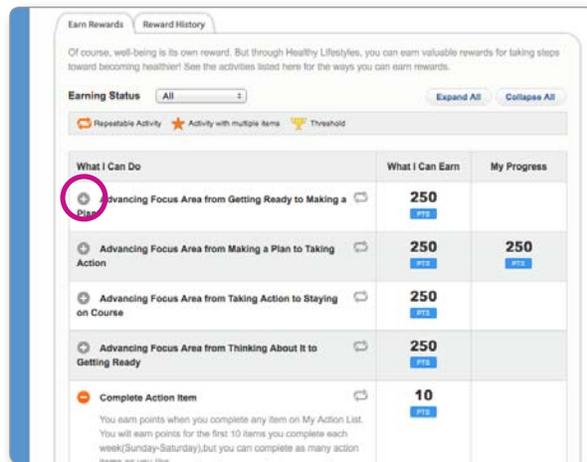


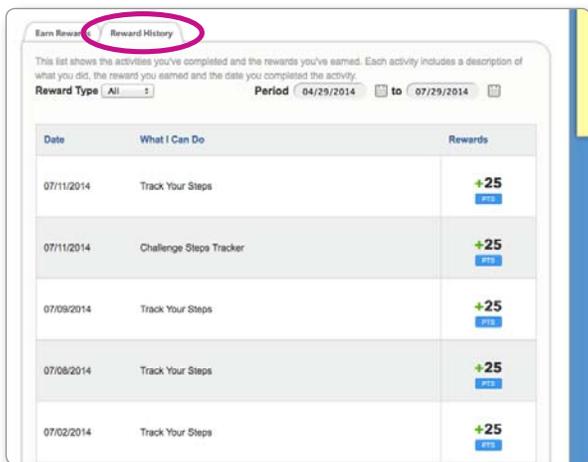
How to check your earned rewards balance and rewards history:



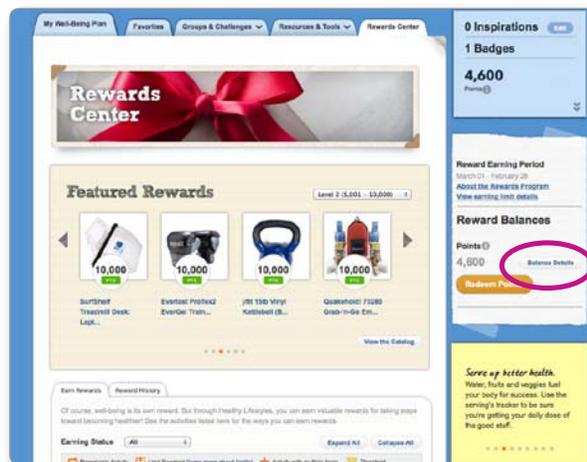
1. Log on to MyHealthyLifestyles.com and click the **Rewards Center** tab. Or click **Rewards Center** in the blue sidebar.



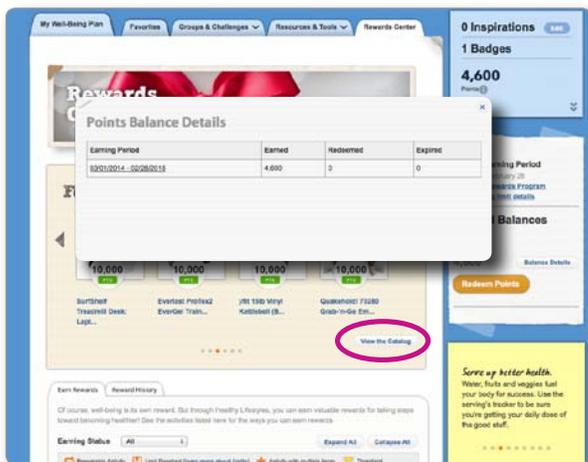
2. Scroll down to see what points you can earn and your progress. Click the **plus icon** to see the earning details.



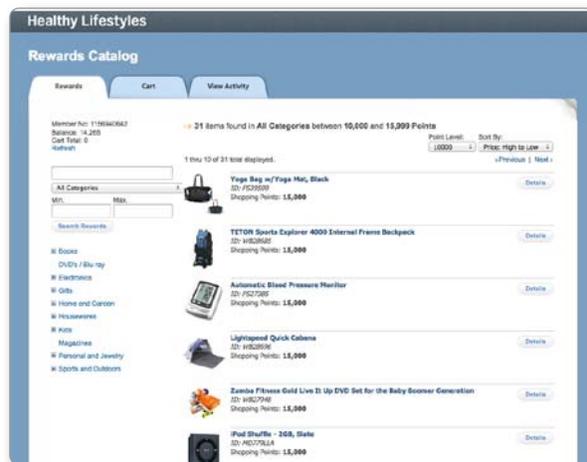
3. Click on the **Reward History** tab to see all points earned to date. You can narrow your search by entering in selected dates in the Period field.



4. To check on point balance details click on the **Balance Details** button in the right side bar.



5. A pop up box will appear and show your points earned and redeemed. To view the catalog and redeem your points, close the pop up box and click **View the Catalog**.



6. Select the reward(s) you want, add them to your shopping cart and complete the order process.