



Congratulations!

For a while now, Activision Blizzard has partnered with Jiff to bring you the latest in healthcare technology through the Healthy Incentive Program. Jiff's personalized and customized mobile experience is designed to give you the virtual support you need to manage all stages of your personal health and wellness journey.

We now offer Pregnancy Tracking support through Jiff. Participation in this program is completely optional, and all data will be kept confidential. Should you choose to participate, we hope that this program gives you insight and support to help you understand your unique pregnancy.

With Pregnancy Tracking through Jiff, you can:

- Track your weight, sleep, moods, activity, and more
- Identify specific risk factors; enroll in programs to reduce risk and increase likelihood of healthy pregnancy for mom and baby!
- Look up foods to eat or avoid, symptoms, and medications
- Receive real-time alerts when your symptoms could be dangerous

In addition to being able to monitor your (and baby's!) progress, **you'll also be eligible to earn \$1 per day that you track, up to \$250 in the form of an Amazon gift card.** Talk about a bundle of joy!

Congratulations and wishing you a happy and healthy journey ahead!

TO GET STARTED

Open your **Jiff** app and select "Program Catalog" from the "More" menu. Select "Pregnancy Tracking" and any other programs you wish to participate in.

If you haven't yet downloaded the Jiff app and activated an account, email support@jiff.com and we'll get you setup.

Questions?

For questions about Jiff, visit helpcenter.jiff.com or email us at support@jiff.com. You can also check out the FAQs at myablif.com for more program details.

