



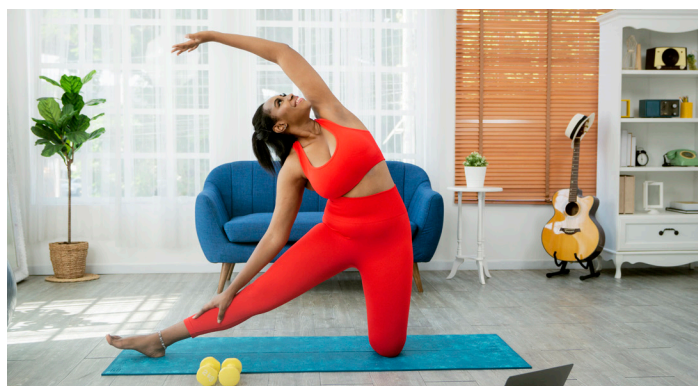
Peloton fitness and wellness resources to support your wellness journey

Available through GuardianWell, your wellness benefits hub

Your physical health is closely tied to your mental health and overall well-being. Taking care of your body can help support your well-being in more ways than you might think. GuardianWell is your hub to do just that. Access all of your employee wellness benefits, including curated content from Peloton.

Here's what you can find:

- On-demand classes led by Peloton instructors — from Pilates to meditation, no special equipment is needed to get started
- Wellness articles from Peloton's blog, like how to get in the right fitness mindset, creating healthy habits, and how to increase your protein intake
- New content available every three months, so you can always find something new to try



These resources are here to help support you wherever you are on your wellness journey, regardless of your fitness level. So you can feel confident taking advantage of them today.

To activate your GuardianWell access:

- Go to guardianwell.com and log in. If you already registered for Guardian's online self-service portal, Guardian Anytime, you can use your same login credentials. If you have not registered, you will be prompted to register.
- Follow the registration prompts to review and accept the terms and conditions, then fill out the highlighted registration fields.
- Once complete, you will be prompted to log in using the username and password that you created. After a security verification step, you can begin accessing GuardianWell and all of your available resources.

Go to guardianwell.com to start accessing Peloton content and the rest of your wellness benefits and resources.

The Guardian Life Insurance
Company of America
guardianlife.com

New York, NY

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