

**Subject:** PLWELL Introduces VIZER

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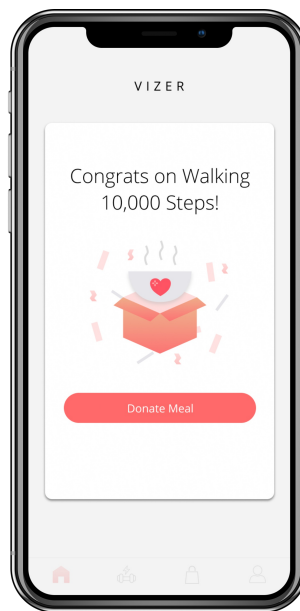
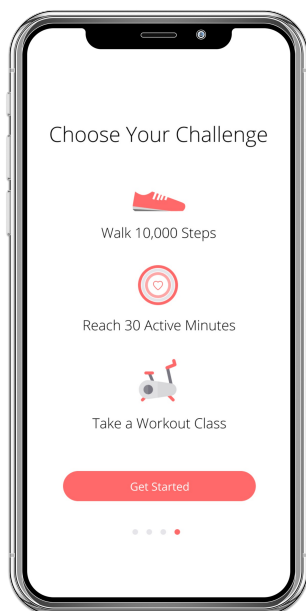


Your exercise can donate meals!

**What is VIZER?**

VIZER is a social fitness rewards app that leverages exercise to fight hunger and support local businesses. When users walk **10,000 steps**, **exercise for 30 minutes**, or **take a class at a partnered gym or studio**, they have the opportunity to donate a brand-sponsored meal and earn points towards health-forward rewards from participating businesses.

It's THAT easy! All you have to do is reach your daily goal and click "Donate" on your app.



**Meal Donations**

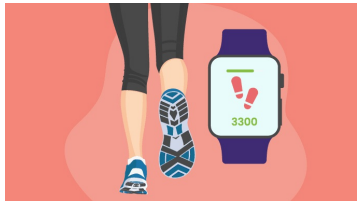
Meal donations are funded by brand partners and distributed via nonprofit partners. VIZER supports both independent food banks and food banks within the Feeding America network. Feeding



America has 200 food bank locations across the U.S.

Whenever users exercise/donate in **San Diego**, meals go to the Jacobs & Cushman San Diego Food Bank. All users who exercise/donate outside of San Diego, meals support the Feeding America network.

**Some VIZER Brand Partners:** TechStyle Fashion Group | True Food Kitchen | Harvard Business School | Alliance Healthcare Foundation | Snooze A.M. Eatery | San Diego County



### How VIZER can work with WellRight:

The only devices currently compatible with VIZER are **Fitbit**, **Apple Watch**, and **iPhone**. Similar to WellRight, your step and activity data will sync to your VIZER app to track your progress towards donations. Use VIZER in conjunction with the **MOVE IT** challenge to build community-wide health through increased exercise and access to healthy food.

Participation is voluntary and does not replace the challenges or substitute your progress towards the PLNU Wellness program rewards.

Download the **FREE** VIZER app to start donating today!



For more information about PLWell or to get signed up for the wellness program, email your request to [plnuwellness@pointloma.edu](mailto:plnuwellness@pointloma.edu).

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