

Better health, better you

One video at a time

There's a world of wellness videos out there. But who has time to find the best ones?

You do — if you're an MTA NYCT active employee currently enrolled in an Aetna® medical plan!

The Grokker video platform **gives you and up to two dependents (age 13 and over)** free, unlimited access to thousands of health and wellness videos.

Take the guesswork out of reaching your wellness goals.

Grokker's on-demand videos bring expert-led programs to your smart device. Choose videos on fitness, mental health, nutrition, sleep and financial wellbeing — on your time and at your convenience. Plus, there's **no cost to you** through your Aetna medical plan.

Let's get started



1. Scan this QR code or go to Grokker.com/mtanyct to register and create your account.
2. Then, download the Grokker app from the Apple® App Store® or Google Play™.
3. Sign in to the app with your email address and account password.
4. Access Grokker videos on your smartphone, tablet, TV, Amazon Fire TV Stick or Roku device.



Take the Wellness Quiz when you first sign in, and answer a few basic questions about your well-being habits. (The results of your Wellness Quiz are private to you.)

You'll get a wellness score and personalized tips based on your responses. You'll also get a list of suggested Grokker videos and programs to help you improve your health and well-being.

Questions

Need help? Go to Support.Grokker.com or call **1-888-664-0886**.

Once you register and create your account, you can access videos and programs for expert guidance on:



Fitness

Choose from videos on strength training, cardio, dance, kids' fitness and more.



Yoga

Find strength, flexibility and balance with restorative, hatha, power vinyasa, gentle and other classes.



Nutrition

Learn how you can eat healthier with programs such as Nutrition 101, Low Carb, Gluten Free, 15-Minute Meals and more.



Mindfulness

Take time for yourself with a variety of meditation videos that bring calm to your daily routine.



Sleep

Learn healthy nighttime rituals and listen to guided meditations designed for a better night's sleep — every night.



Financial well-being

Get expert help and advice to set up a budget, conquer debt, plan for retirement, create an emergency fund and reach your financial goals.

