

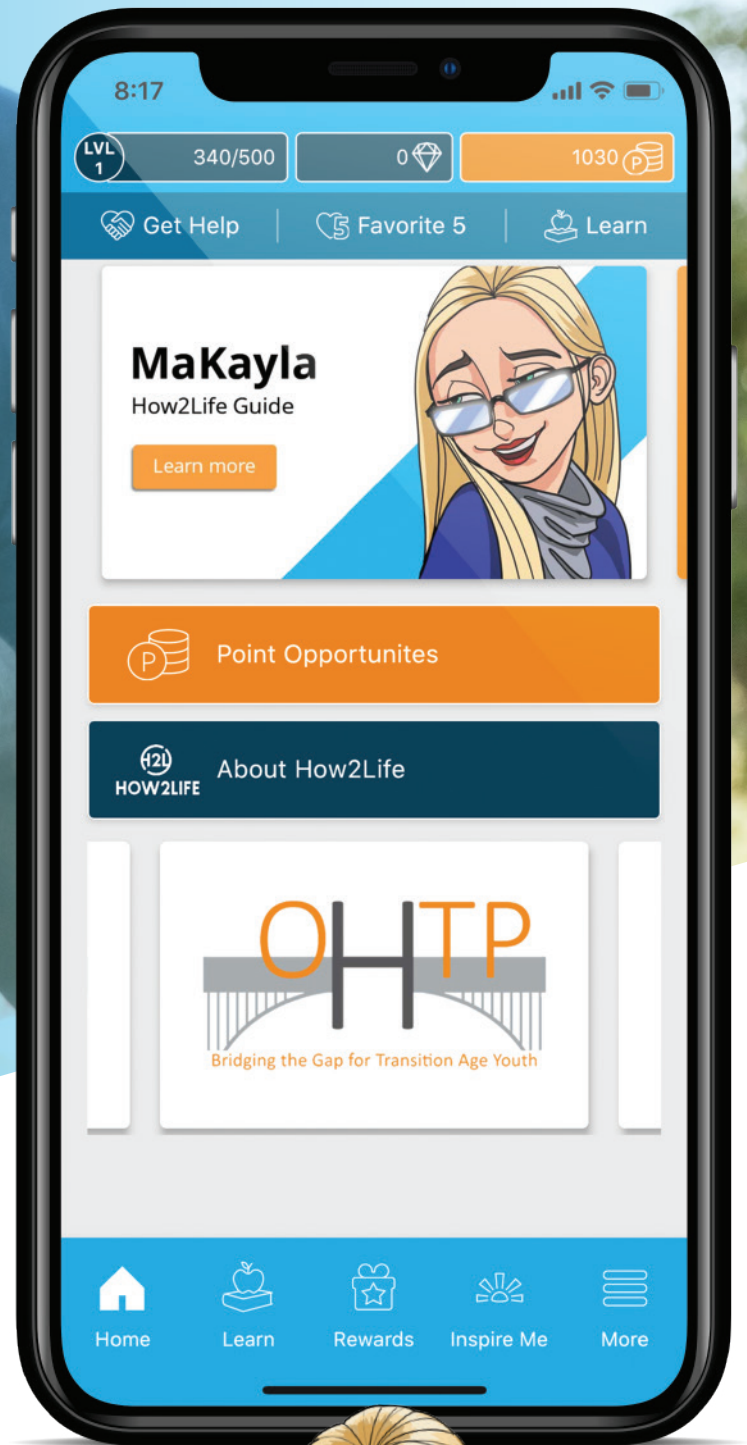
How2Life App

Introducing the How2Life App.

How2Life is a mobile app designed to provide young people with information and resources that can help navigate life's challenges. Users will be rewarded with points that can be used to redeem real-world rewards such as e-gift cards.

Help us help you!

For a limited time, we are accepting new participants into our How2Life Pilot. In exchange for testing the app and providing your honest opinions, you will receive a **\$100 AMAZON GIFT CARD** in addition to any other rewards you earn and redeem in the app. Scan the QR Code below to participate.



Functions include



Get Help

Everyone needs help from time to time! Check out the Get Help feature to find a variety of resources for handling life's challenges. You can even mark your favorites.



Learning Content

Not sure how to deal with adulting? Learn everything you need to know about a wide range of topics such as finance, life skills, health & safety, mental well-being, substance use, and relationships.



Favorite 5

Having people you trust that you can turn to is important for mental well-being. The Favorite 5 feature encourages you to choose your support group and reminds you to keep in touch with them.



Rewards

With this great app comes great stuff! Get points for logging in and learning. Then redeem those points for awesome prizes such as gift cards for Amazon, Starbucks, Dominos, etc.



- Scan the QR Code
- Complete the Registration Form
- Download the app
- Sign Up in the app (be sure to use the same email you registered with and select "Wingspan" as your organization)
- Use the app however you like (at least until June 30th)
- Complete a final survey

For help, contact Chelsey Greathouse
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