How to sign up for the 7710/ FRF Program

Step #1: Go to the 7710/ FRF Wellness program website.

The address is: https://firerescuefitness.com/7710Insurance/



Step #2: Scroll down and click on the yellow "Started" button.



Step #3: Fill out the email, name, and create a password. Then click "sign-up."

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Step #4: Click on the links for android or apple to download the app.

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How to sign up for the 7710/ FRF Program

Step #5: Log in using the credentials you created in Step #3. You can access the resources from your mobile phone/ tablet and/or your computer. Make sure to explore all the resources available and take steps to get "Fire Rescue Fit."



Please contact Zam (zam@firerescuefitness.com) with any questions.

