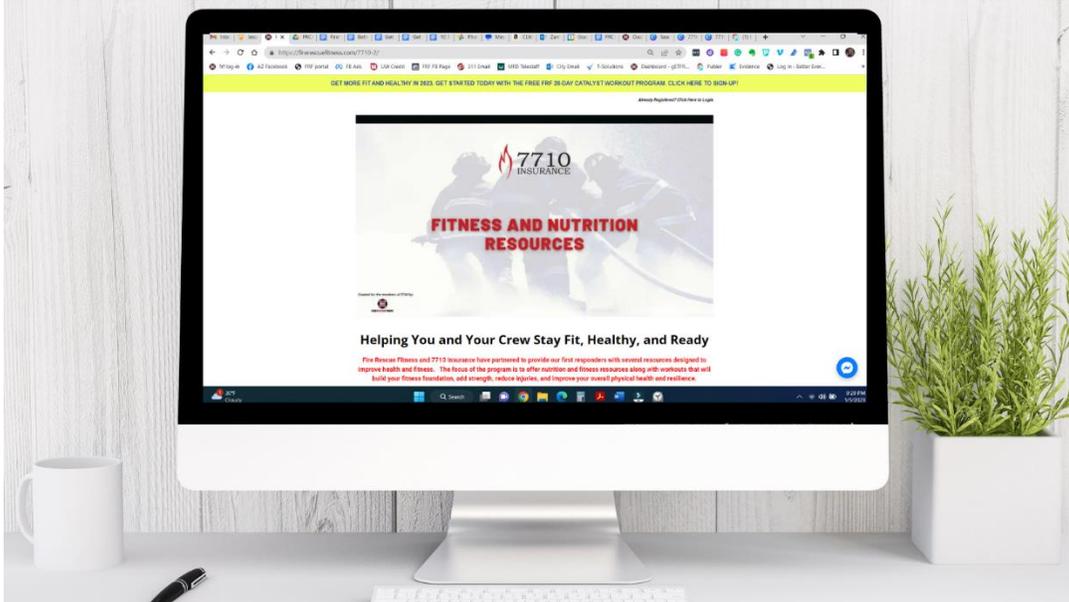


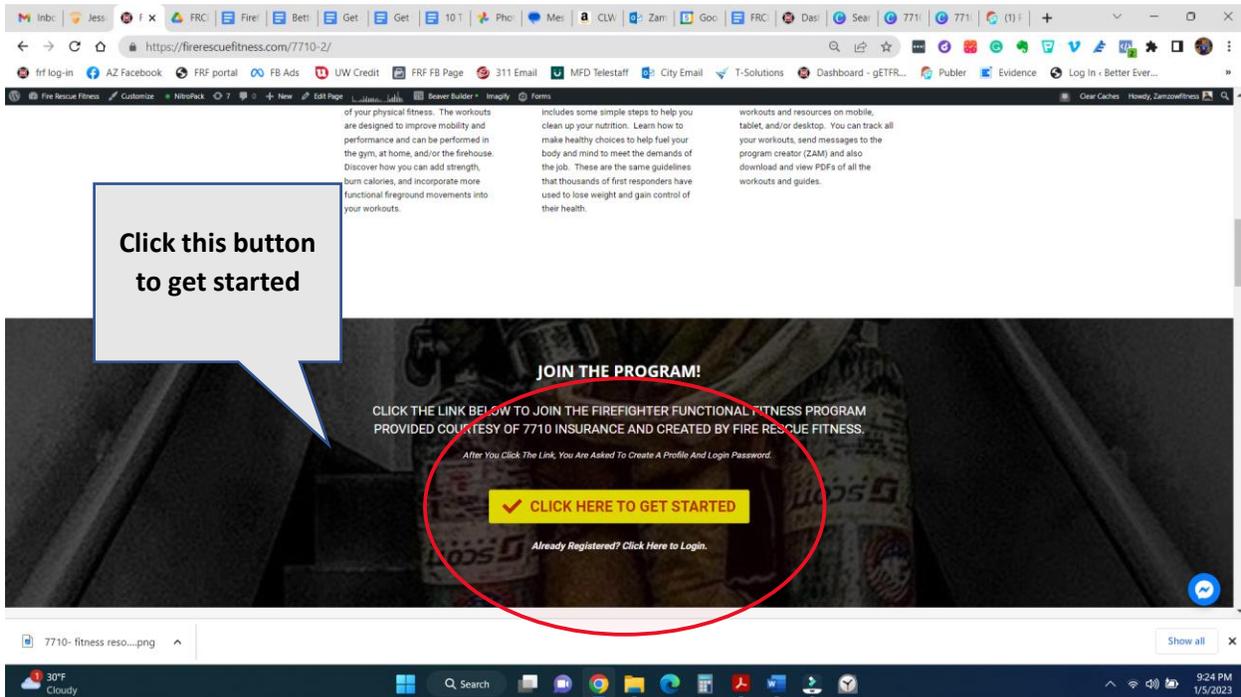
How to sign up for the 7710/ FRF Program

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.



How to sign up for the 7710/ FRF Program

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

Make sure to keep this box checked.

The screenshot shows the 'Sign Up' page for the 7710- Functional Fitness and Nutrition Resources group. The page has two main sections: 'Sign Up' (marked with a red '1') and 'Get Started' (marked with a grey '2'). The 'Sign Up' section contains a form with the following fields and options:

- Email:
- First & Last Name:
- Password:
- Get motivation from FRF
-
-

The 'Get Started' section features a promotional graphic for 7710 Insurance with the text: "HELPING YOU AND YOUR CREW STAY FIT, HEALTHY, AND READY". Below the graphic, it lists "7710- Functional Fitness and Nutrition Resources" for "\$0.00 Lifetime".

At the bottom of the sign-up form, it states: "By signing up you agree to the Terms of Service and Privacy Policy."

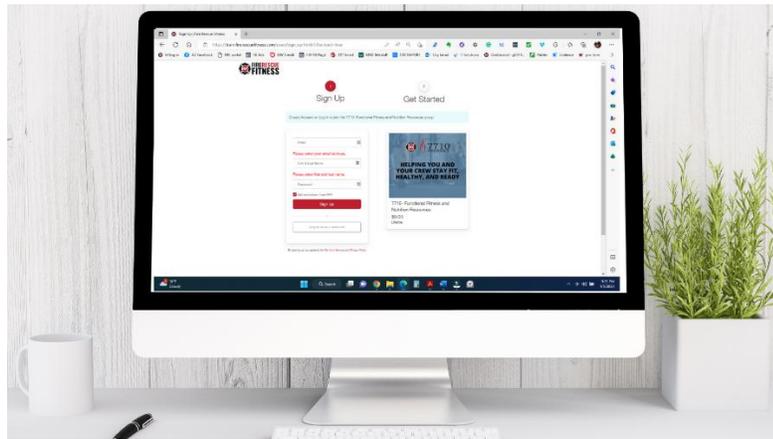
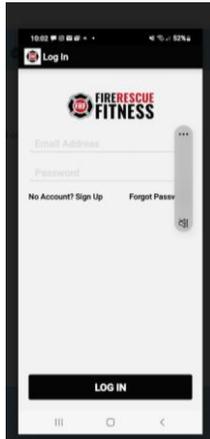
Step #4: Click on the links for android or apple to download the app.

Click the correct icon to download the app.

The screenshot shows the '7710- Functional Fitness and Nutrition Resources' page. The page title is "7710- Functional Fitness and Nutrition Resources". Below the title, there is a welcome message and a search bar for resources. A table lists resources, with "Mental Health Exercises for First Responders" highlighted. At the bottom of the page, there are two download links: "GET IT ON Google Play" and "Download on the App Store". A red circle highlights these links, and a yellow arrow points from the callout box to them.

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.

