Activate Your Benefit

To verify your eligibility and opt in to the Kindbody benefit, you will need to enter your Kindbody Access Code and Unique ID. Your Unique ID is your employee ID. Your spouse/domestic partner's Unique ID is your employee ID + an "S" at the end.



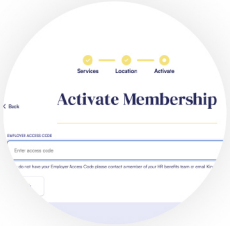
1. To activate your Kindbody benefit, visit: **https://kindbody.com/activate/**



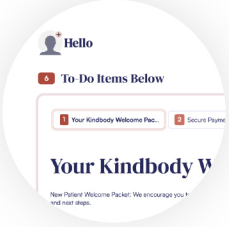
2. Create a Kindbody account using your email address. It does not need to be a company email.



3. Complete the required consent forms and provide your insurance information.



4. Use your Kindbody Access Code and Unique ID as outlined above.



5. Activation complete - you will be redirected to the Kindbody Dashboard.