

# Digital Fitness for the World

*Connecting people to the resources they need*

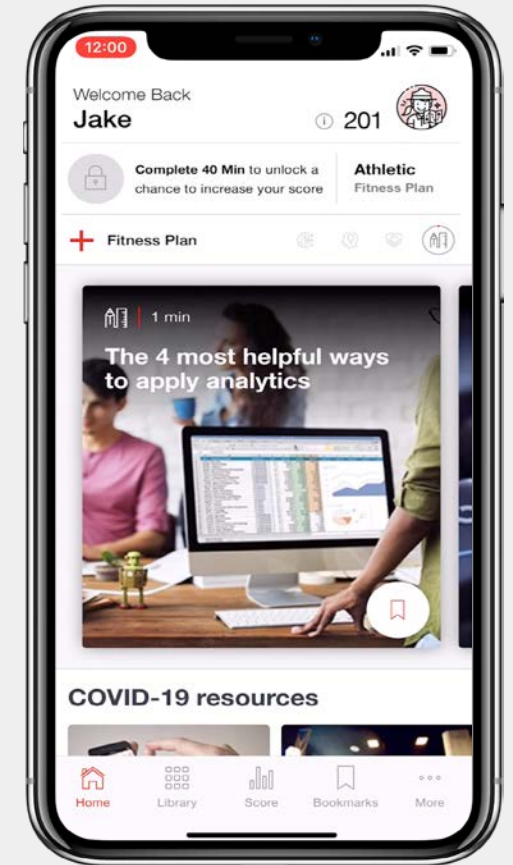
We understand that everyone is facing challenges and disruptions in this rapidly changing environment as it relates to COVID-19. PwC is committed to supporting all people, businesses, and communities impacted to ensure we exit these challenging times stronger and more prepared than ever.

As the world shifts at an unprecedented pace, it's more important than ever to feel connected and informed. That's why we're making our Digital Fitness App available, globally.

PwC's Digital Fitness App (DFA) offers an extensive content library to deepen your Digital Fluency and understanding of digital trends and help you adapt to new ways of working and learning – for free. To help you navigate our new reality, we're also including informational updates and resources on personal well-being.

## **Additional Resources for professional and personal well-being**

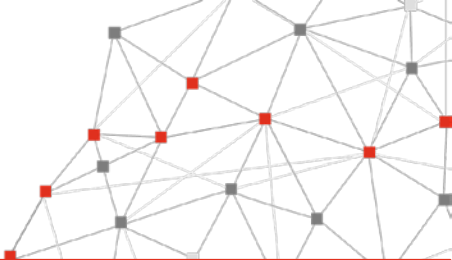
- **Working remotely** – Get tips and instruction on working from home and other helpful resources
- **Learn a new skill** – Experience personalized learning paths
- **News updates** – Stay in the know with advisories, public health information, and anticipated business impacts



**Learn wherever you are – any time, any place.**

# Digital Fitness for the World -

*Stay relevant and connected during these uncertain times*



With DFA at your fingertips, you can read up on the **changing landscape of business and communities**, including how disruptions from new circumstances are impacting our world and **changing the way we work and interact with one another**.

**Career Development Guidance** ✓      **Health advisories and updates** ✓      **Business Considerations** ✓

**Self-Care Tips** ✓      **eLearning for kids** ✓

### Assess

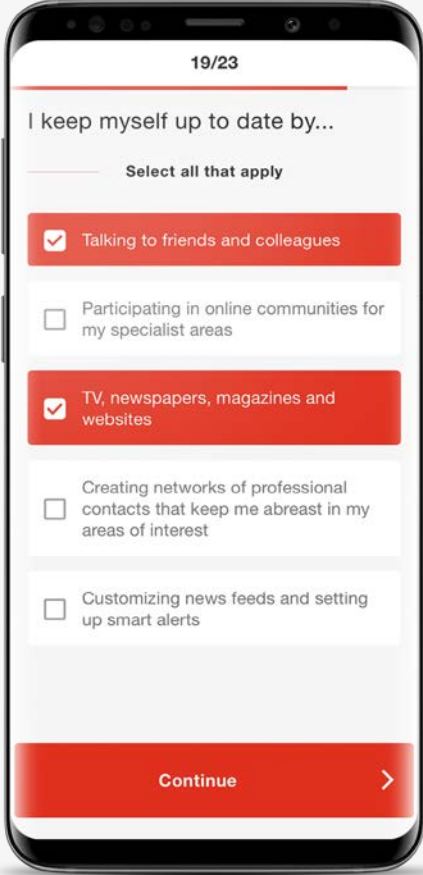
Answer a few questions about your digital knowledge and behaviors to understand your Digital Fluency and have the opportunity to see how you stack up against your peers.

### Learn

Choose a fitness plan that works for you. Learn through short, bite-sized content. Explore content from trusted sources. Gain knowledge from over 60 topics.

### Grow

Watch your digital fitness score rise. Stay on track with a customized plan every week and watch your digital fluency and skills improve.

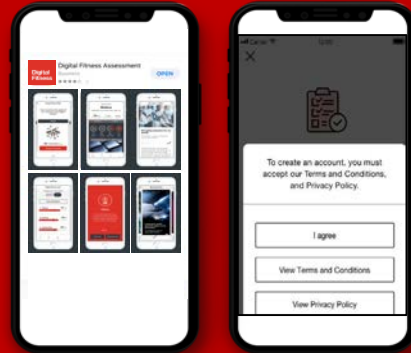


# Access Instructions

# 1

## Download App

- Download the 'Digital Fitness Assessment' App from the Apple App Store or Google Play Store

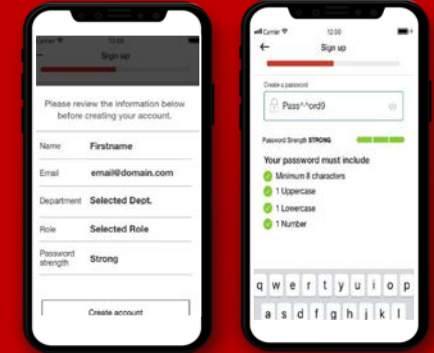


# 2

## Create Your Account by

- Select create account and follow the prompts.
- If requested, enter the following invitation code:

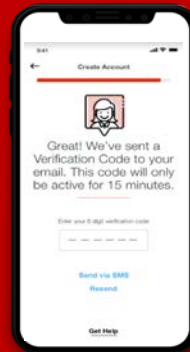
**LRNALL**



# 3

## Activation

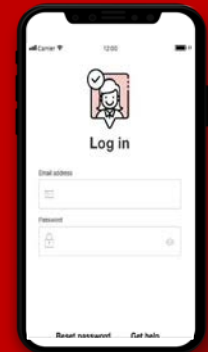
- Once your account is created, you will be prompted to enter a 6-digit verification code that you can choose to have sent to you by email or SMS message
- Enter the code in the app to verify your account.



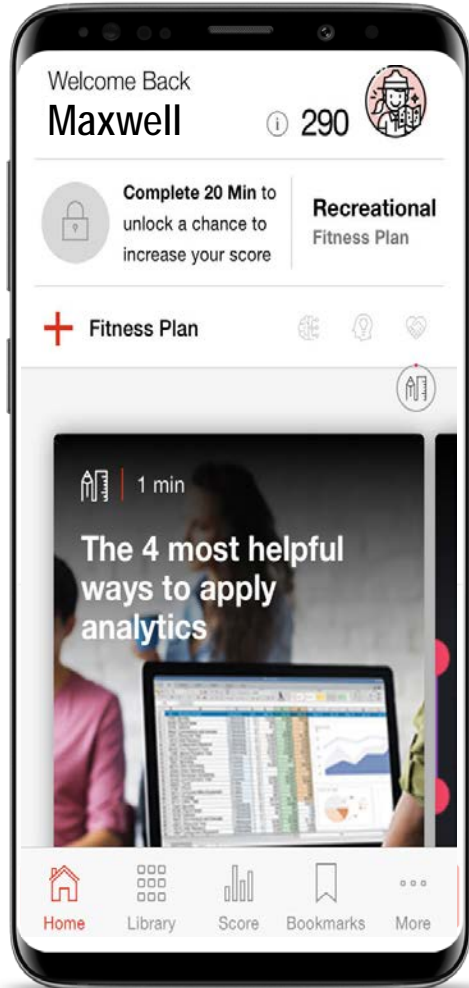
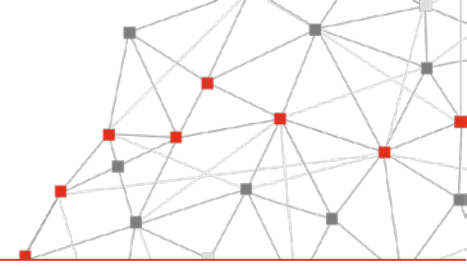
# 4

## Log in!

- Enter your email and password and click 'Log in' and start your digital journey!



# Increasing Your Digital Fluency and Score is Easy!



5

Complete your assessment

6

Select a fitness plan, and make a weekly commitment

7

Consume all of the content in your feed **first** to earn credit towards completing your fitness plan

8

Take the continuous assessment for a chance to earn more points! Repeat steps 6-8, each week.

*...but, don't stop here. Continue consuming topics outside of your fitness plan that you're interested in. Digital fluency is an ongoing journey!*