Join today at slu.fitthumb.com

Please Login

+ Need an account? Create one here.

Email

Email

Password

Password

☑ Remember me   Forgot Password?

Login

1. First time here? Click on '+Need an account? Create one here.'

2. Use your **Enrollment Code**: First 3 letters of your first name + First 3 letters of your last name + 6 digit Date of Birth in "mmddyy" format.

Example: John Smith born Jan 1, 1983: johsmi010183

Please enter your enrollment code

This organization requires an enrollment code to continue. Please enter it here:

johsmi010183   Continue

Once you enter your **enrollment code**, follow the guided process to create your username and password.

Earn points and receive money! 1 point = $1*!

Each employee and spouse/domestic partner has a chance to earn points through Online Challenges, Online Classes, Onsite Programs, and Daily Point Opportunities! You can redeem these points for cash (either quarterly or at the end of the year) *once both Mandatory Items (the Online Health Assessment and Nicotine Requirement) are complete!

EARN POINTS BY COMPLETING WELLNESS CHALLENGES & CLASSES

Click on the day you wish to track your vegetable consumption for:

October 2017

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

How many servings of vegetables have you had on 10/16/2017?

# of servings
2

Save

TRACK YOUR COMPLETION OF ONSITE PROGRAMS

Onsite Programs

Program	Status
Biometric Screening	Click Here
Blood Pressure Reading	Click Here
CPR Certification	Click Here
Defensive Driving	Click Here
Flu Shot	Finished!
Nutrition Program	View
PCP Visit	Click Here
Walking Program	Finished!

SUBMIT PROOF OF CERTAIN ONSITE PROGRAMS DIRECTLY THROUGH THE PORTAL

Proof Upload

Please click the button below to upload a picture or PDF of the proof document. If you are accessing this page from your mobile phone, you can also take a snapshot with your phone camera by clicking the button below:

Required   Choose File

By clicking the button below you signify that you have completed this requirement.

Submit

Cancel

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Need assistance with your FitThumb portal? Email support@fitthumb.com

FitThumb.com

Check out the great features available at slu.fitthumb.com!!

TRACK YOUR PROGRESS TOWARD COMPLETING THE MANDATORY REQUIREMENTS

Mandatory Items

Program	Status	Points
Health Assessment	Finished!	35
Nicotine Requirement - Non User	Click Here	35
Nicotine Requirement - User	Click Here	35

EMPLOYEES AND SPOUSES/DOMESTIC PARTNERS HAVE THEIR OWN TAB

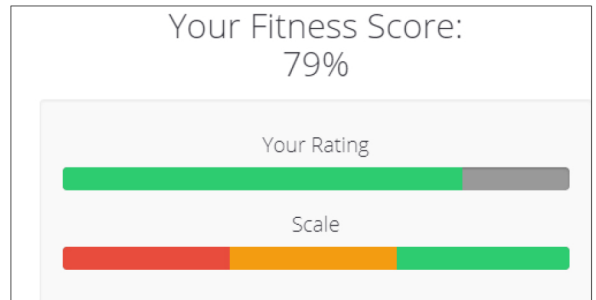| Employee	Spouse/Domestic Partner

You are 15% complete

EARN POINTS BY COMPLETING WELLNESS CHALLENGES & CLASSES

Challenge Stats	Badges	Challenge Details	Challenge Chat	Challenge Standings

Button Your Pants - Goal: 600 minutes
Read more about this challenge

COMPLETE AN ONLINE HEALTH ASSESSMENT!

Your Fitness Score:
79%

Your Rating

Scale

SYNC WITH FITNESS APPS/DEVICES

Fitness Apps/Devices

FitBit Tracker
Link Status: **Not Linked**
Learn More

Email to Exercise
Email in your exercise
Learn More

TXT to Exercise
Text in your exercise
Learn More

Garmin Fitness Tracker
Link Status: **Not Linked**
Learn More

Jawbone UP Tracker
Link Status: **Not Linked**
Learn More

UnderArmour Account
Link Status: **Not Linked**
Learn More

VIEW UPCOMING CHALLENGES & CLASSES!

Upcoming Events   View All

Wellness Wednesday at Titus Mountain - Jan 3rd, 18 @ 12:00 AM

Challenge: Button Your Pants Fitness Challenge - Jan 8th, 18 @ 12:00 AM

Class: Waist Management Online Class - Jan 8th, 18 @ 12:00 AM

Wellness Wednesday at Titus Mountain - Jan 10th, 18 @ 12:00 AM

ACCESS ON YOUR PHONE!

MyIgnitehealth is 100% mobile friendly! Please click on the following links to create easy 'short cuts' and add icons to your mobile devices.
For instructions view our handy FAQs: For iPhone | For Android

VIEW PREVIOUS YEAR'S BIOMETRIC DATA

User's Biometrics

	Date	Risk
Page 1 of 1		
View Printable Report	10/6/2016	Low
View Printable Report	8/13/2015	Medium
View Printable Report	6/25/2014	High

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