



FAQs

For Mercury Systems Employees



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What is Aaptiv?

Aaptiv is a digital health app where you'll get access to unlimited audio & video classes including strength, yoga, meditation, barre, running, walking, Pilates, spin, sleep, and much more!

Here's a quick 1-minute video to take a sneak peek.



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How do I sign up for Aaptiv?

You will receive a Welcome Email from Aaptiv with instructions to signup. Keep an eye out for this email and if you don't receive it, please email support@aaptiv.com.

When setting up your account, please remember to use a unique password, not your Mercury password.



How do I transfer my existing account to a company account?

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Please follow the below steps:

STEP 1: Cancel your personal account.

STEP 2: Email **support@aaptiv.com** with your personal account email address and company name. We will transfer your workout history so you don't lose anything and send you a confirmation once completed.



How do I join a challenge?

You can join any program and/or challenge by going to "Programs" on your home screen. From there, you'll be able to join anything you'd like!

Note: If you're joining a company specific challenge, make sure to register BEFORE it begins. Once registration closes, you won't be able to sign up.

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Can I stream video workouts onto my TV?

YES! You can stream any of our video workouts via Chromecast. [Here](#) are instructions for how to set up your Chromecast.



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How frequently. do you add classes?

We are adding at least 20 new classes each week to keep the content fresh! If you have specific class requests, please fill out [this form](#).

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Can I sync my. smart watch to Aaptiv?

At this time, we only sync with Apple Watch. As long as you have Apple Health installed & enable Aaptiv, you'll be good to go.



What ways can Aaptiv hold me accountable?

Try **Aaptiv Coach**, which provides a personalized coaching plan that incorporates fitness, mindfulness, and healthy habits, as part of a holistic approach to maintaining a healthy lifestyle. You'll be able to choose to focus on stress reduction, better sleep, and healthier eating to complement your existing fitness goals.

OR

Join a program tailored to your fitness goals. Multi-week plans for weight loss, race training, flexibility, maternity, and more.



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Please email
support@aaptiv.com
if you have any other
questions!