

## Instructions for IT Departments

To ensure that participants can access all components of your wellness program, please ensure that:

- The applications and domains listed below are accessible across all networks and remote locations
- SPAM filtering, settings, and restrictions have been tested even for those with the lowest IT privileges
- Firewall settings have been updated to allow for a high volume of emails from a single source at one time

For more information, please contact [support@limeade.com](mailto:support@limeade.com).

		Sign-off Checklist
<b>Computer Apps</b>	Adobe Flash Player 8 and higher	
<b>Web Browsers</b>	<p><b>Fully Supported</b></p> <p>Internet Explorer – version 8.0 &amp; higher            Firefox – version 23 &amp; higher            Google Chrome – most recent version            Safari - version 5.1 &amp; higher</p> <p><b>Partially Supported through end of 2015</b></p> <p>Internet Explorer 7 (deprecating by the end of 2015)</p>	
<b>Email Whitelist</b>	<p><a href="#">*@limeade.com (entire domain)</a>  <a href="#">*@limeade.net (entire domain)</a></p> <p><u>Email Service IP Address</u>            66.23.243.141            97.65.164.195            67.210.230.168</p> <p><u>FTP Service (ftp.limeade.com)</u>            Use DNS name “FTP.Limeade.com” when possible            66.23.243.133            67.210.230.180</p>	
<b>Website Whitelist</b>	<p><b>Platform</b></p> <p>*.limeade.com            *.bolgerinc.com            *.cloudfront.net            *.newrelic.com            ajax.googleapis.com</p> <p><b>Content</b></p> <p>99u.com            About.com            Bbbs.org            Cancer.org            Carbonfund.org            Fda.gov            Feetfirst.org            Foodroutes.org            Gogreenplus.org            Heart.org            Litemind.com            Mayoclinic.org            Nhs.uk            Nih.gov            Psychologytoday.com            Stephencovey.com            Sustainableable.org            Volunteermatch.org            Webmd.com            Yogafinder.com</p>	