

We do not want flights and hotels to be a hindrance to you attending our [Regenerative Nutrition and Gut Health Experience \(RNGHE\)](#).

Whether you are an expert in using credit card points or are absolutely new to it, we wanted to put this simple guide to help you see if using credit card points for your hotel and/or flights is right for you.

This is not financial guidance, advice, or instructions. You are solely responsible for all financial decisions and Married to Health Inc. and representatives of Married to Health Inc. are not responsible for individual financial decisions.

Below are simple instructions of how we use credit card points to pay for our hotels and flights:

1. If you do not have a Chase credit card that earns you points, sign up with one. The Chase cards linked below will allow you to use points for the hotel and flights needed to attend the experience. Please ensure you understand the requirements and are responsible.
  - a. Personal Credit Card:  
<https://creditcards.chase.com/travel-credit-cards/marriott-bonvoy>
  - b. Business Credit Card:
    - i. Earn 90,000 bonus points with the Ink Business Preferred® card or up to \$1,000 bonus cash back with the Ink Business Premier<sup>SM</sup> card, Ink Business Unlimited® card or Ink Business Cash® card. I can be rewarded if you apply here and are approved for the card.  
<https://www.referyourchasecard.com/21s/XLFZBXDVY1>
2. Once you sign up you will now have a points bonus to meet. To do this, ensure all possible expenses are added to this card and you pay them off every month.
3. In 1-3 months you will now have a significant points balance in time for the [RNGHE](#).
4. Sign up for a FREE [Marriott Rewards account](#) if you are looking to use points for a hotel stay.
5. If you are looking to use your points on flights:
  - a. Look to see your flight options on google flights. You are looking at what airline has the best flights for your location.

- b. Depending on your ideal flying options see if any airlines are on [this list](#):
- c. Sign up for a free account with one of the airlines that allows Chase points to transfer.
  - i. Air Canada Aeroplan Miles
  - ii. Air France-KLM Flying Blue Miles
  - iii. British Airways Avios
  - iv. Emirates Skywards Miles
  - v. JetBlue TrueBlue points
  - vi. Southwest Airlines Rapid Rewards
  - vii. United Airlines MileagePlus miles
  - viii. Virgin Atlantic Flying Club points
6. Using your Marriott or Airline rewards account look up your desired hotel or flight and ensure you select the option to use “points” or “miles”.
7. Once you have found the desired flight or hotel stay through the respective rewards account, transfer the points needed from your Chase credit card to your Marriott or airline account.
8. Here is a [how to link](#) for more details.
9. Complete the transaction and if done properly you will only need to pay a minimal out of pocket tax amount with your points taking care of a bulk of the costs.

Points or no points, health that is truly regenerative for you and for your environment is not only achievable it is the future we see for all humans on this planet. [We hope to see you on the farm](#) so you can help us usher in this amazing future.