

## vintage chanel flap bag

A woman sitting in a Amazon van, making deliveries.

\$18-\$25 per hour. These are broken up into blocks which I will discuss shortly.

You must be 21 years or older

Amazon flex app showing how many hours worked and how much money was made during deliveries

The process to deliver items for Amazon Flex is pretty easy, but I'm going to break it down into two steps.

They'll bring your packages out for your block and you'll need to scan each package to verify that you have everything in the load. Use the app to click start your route and the app will give you the route for your block.

If you pick up a block and show up on time but there are no deliveries ready for you, they will still pay you for the block amount. My friend made \$77 for doing

nothing

Car insurance and so many other things

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Subscription price is lower than competitors'

Amazon Halo View

As with its predecessor, the quality of the Halo View's workout experience largely depends on its accompanying app. You can track basic metrics like steps, heart rate, calories burned, activity sessions, sleep duration and sleep temperature without a subscription to Amazon's \$4 service.

The Data tab is self-explanatory: It's the home for all of your health metrics. There are tiles for each category at the top of the screen, and you can tap them to see more details like your weekly goals and progress.

Amazon Halo View

Amazon also offers tools for improving your stability and posture by tracking your range of motion and balance. The assessment uses your phone's camera and requires you to complete a set of movements meant to test your mobility, stability and posture. The process takes less than 10 minutes to complete and provides detailed results that break down your stability across different areas of the body, such as the shoulder, trunk, hip and lower body. Amazon also issues an overall

movement score and recommends programs meant to help improve on weak areas. Speaking of metrics, the Halo View can measure blood oxygen saturation like many modern fitness trackers. You can take an on-demand reading by swiping up or down from the band's home screen, tapping the Data tile and choosing Blood Oxygen. But these results aren't incorporated into Amazon's insights in any meaningful way, so I didn't find myself paying attention to these readings very much.