



## PERSONIFY HEALTH WELLBEING PROGRAM

# Build a better you

Personify Health helps you live better and achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

### Create an account

- Log in to your **My Health Toolkit®** account and go to **Wellness and Care Management > Wellness Programs > Personify Health** to enroll in your account.
- Accept the terms and conditions.
- After creating an account through **My Health Toolkit**, download the Personify Health mobile app by searching “Personify Health” in the App Store or Google Play.



### Personalize your experience

- Set your interests to get personalized wellbeing tips
- Choose your email preferences
- Connect an activity tracker
- Select the **More** icon to personalize your experience
- Upload a profile picture and add friends

### Getting started

You’ve joined and signed in—now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

#### Personal Health Assessment

The Personal Health Assessment asks questions about your current health status and wellbeing habits. Once completed, your responses will be analyzed to generate a health score, show your health risks and provide practical tips to help you improve. Complete the assessment by visiting **Surveys** under the **Health** tab.

#### Pillars and Topics

Looking to reduce stress, increase your energy throughout the day or find the motivation to continue progress toward your wellbeing goals? The Pillars and Topics section can point you in the right direction, providing quick access to many helpful tools and resources. Visit the **Pillars** page by selecting the **More** icon and select Pillars to learn more.

#### Nutrition Guide

Maintaining healthy eating habits is easier when you have a little help. Access the Nutrition Guide and choose your eating profile. Tell us what you’d like to work on, like cutting out sweets or portion control, and we’ll serve up plenty of healthy and delicious tips and recipes. Learn more by selecting **Nutrition Guide** under the **Health** tab.

## Sleep Guide

Sleep affects nearly every aspect of your health, from your everyday performance and immune system to your ability to focus on other areas of your wellbeing. When you complete the Sleep Guide, you'll end up with a customized plan for improving the length and quality of your slumber, setting you up for success—day and night. Learn more by selecting **Sleep Guide** under the **Health** tab.

## Progress toward your goals

We'll help you make small, everyday changes, focused on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun and experience the lifelong rewards of better health and wellness. Plus, you'll earn points as a fun way to track your health progress all year long. Learn easy ways to get more active, eat well and manage life's ups and downs—every day.

**Here's a sampling of how you can earn points during the year:**

	Ways to Earn	Points
<b>Daily</b>	Take 8,000 steps in a day	80
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
<b>Monthly</b>	Create a personal challenge	50
	Track Healthy Habits 20 days in a month	300
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
<b>Quarterly</b>	Set your interests	100
	Complete a Journey (3 per quarter)	150
<b>Yearly</b>	Health Check-Up	1,000
	Set a wellbeing goal	200
	Complete Nicotine - Free Agreement	100

## Redeem your Rewards Cash

Sign in to your Personify Health account, go to the **Rewards** page under **Home** and click **Spend** to redeem your Rewards Cash! Choose from gift cards from a variety of vendors, purchase goods within the Personify Health Store or—if you're feeling generous—you can even donate your rewards to a worthy cause.

Not sure if you can fully participate in this program because of a disability or medical condition?

Visit [support.personifyhealth.com](https://support.personifyhealth.com) and search Medical Exceptions.

## Additional activities

**Prioritize and personalize your experience by engaging in resources to help improve your wellbeing:**

**Daily Cards:** Get helpful tips that are relevant to your current interests and goals.

**Journeys®:** Try this digital coaching program to make simple changes to improve your health, one step at a time.

**Challenges:** Team up or go head to head to challenge your coworkers and track healthy habits.

**Social Groups:** Getting healthier and learning something new is easier with friends. Join a group (or start your own) to stay motivated, chat with others and achieve goals together.

**Healthy Habits:** Select healthy habits to work toward, and track your progress every day.

## Earn up to \$300 in rewards!

### Quarterly earning opportunities

You can participate in healthy activities throughout the quarter to earn points, move through the levels and earn Rewards Cash as you level up. Every quarter your points reset and you have a new opportunity to earn up to \$75 in Rewards Cash.

	Points	Rewards Cash
<b>LEVEL 1</b>	500	\$10
<b>LEVEL 2</b>	4,000	\$15
<b>LEVEL 3</b>	8,000	\$20
<b>LEVEL 4</b>	15,000	\$30
<b>Rewards Cash Quarterly Max:</b>		<b>\$75</b>
<b>Rewards Cash Annual Max</b>		<b>\$300</b>

### Have questions? We're here to help.

- Check out [support.personifyhealth.com](https://support.personifyhealth.com)  
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 855-944-2058  
Monday–Friday, 8 am–9 pm ET
- Send us an email: [support@personifyhealth.com](mailto:support@personifyhealth.com)