

SMALL STEPS CAN LEAD TO BIG CHANGES

When it comes to your health, small steps can lead to life-changing results. That's the idea behind Personify Health, an innovative program offered by your health plan.



What's in it for you?

Personify Health is a digital program, so it's easy to make it part of your life. Brief daily check-ins help you build healthy habits, join fun activities with coworkers and track how you're doing — not just with physical health-related issues but also with your emotional, social and financial well-being.

How does it work?

Daily cards customized to your goals help you explore new ways to get healthier and earn rewards. Interesting challenges offer activities to tackle and perhaps share with coworkers, friends or family members. You can set goals and keep track

of your progress, accessing Personify tools easily on your computer or mobile device.

Getting started is easy:

- ◆ Log in to your **My Health Toolkit®** account. Select **Wellness and Care Management**, then **Wellness Programs**, then **Personify Health** to enroll.
- ◆ Accept the terms and conditions.
- ◆ Start with your Personal Health Assessment, a brief, confidential survey.
- ◆ Download the Personify Health mobile app from the App Store or Google Play.

**Personify Health can help you be the best version of yourself!
Small steps add up to a healthier, happier you.**

