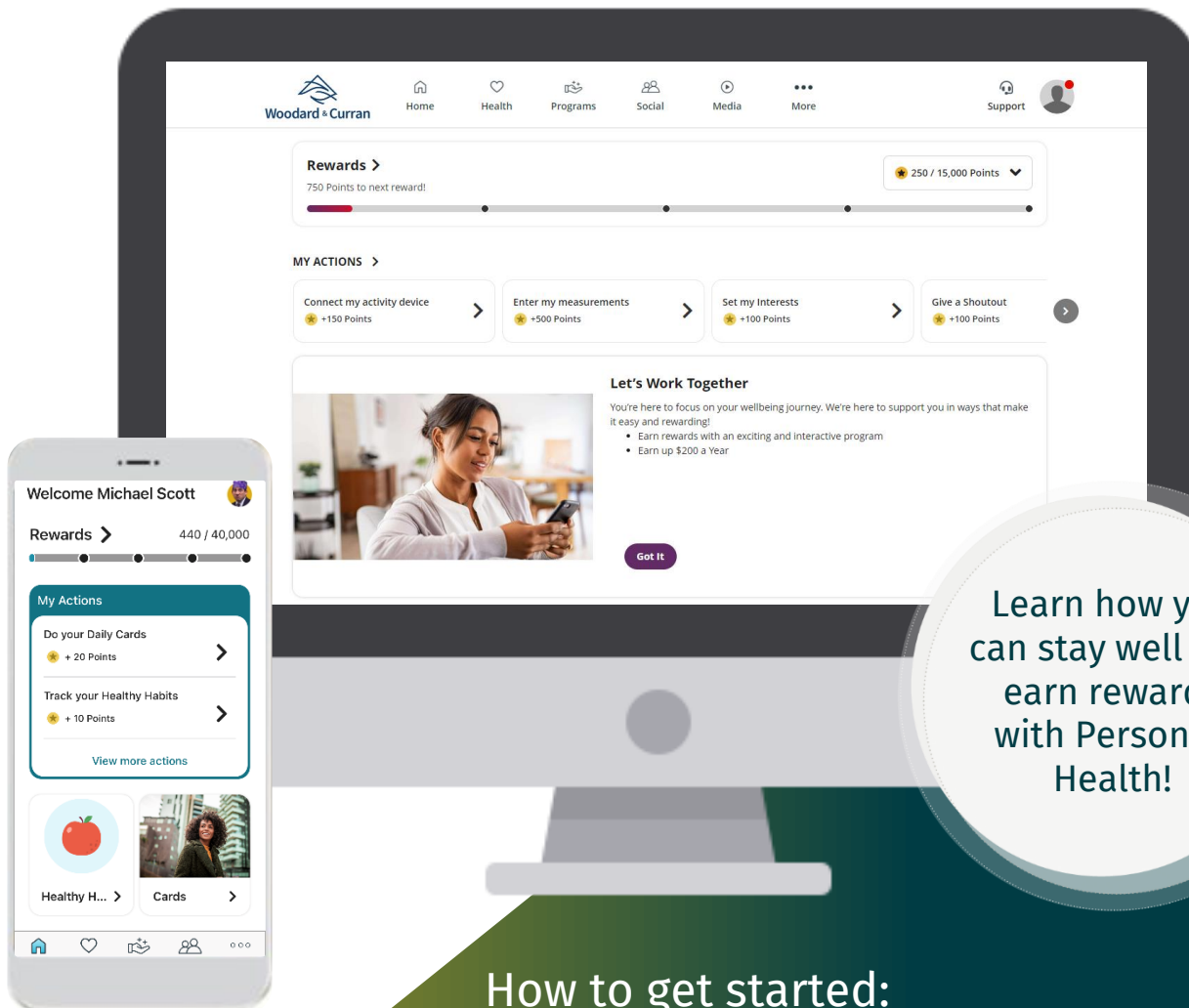


IT'S YOUR TIME TO THRIVE.

The Personify Health wellbeing program gives you the tools to get active, get healthy, and get rewarded.



Learn how you can stay well and earn rewards with Personify Health!

How to get started:

- ➔ Register for your Personify account at join.personifyhealth.com/summit
- ➔ **Download the Personify mobile app** for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Go, Fitbit, Apple Health, S Health, etc.)
- ➔ **Upload a profile picture and add friends.**
- ➔ **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

YOUR HUB FOR HOLISTIC WELLNESS

Personify Health is a dynamic platform built to deconstruct every form of wellbeing!



Physical



Emotional



Spiritual



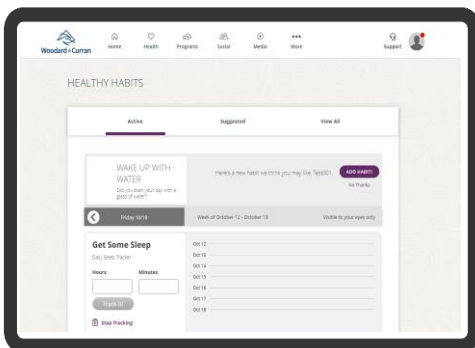
Financial



More!

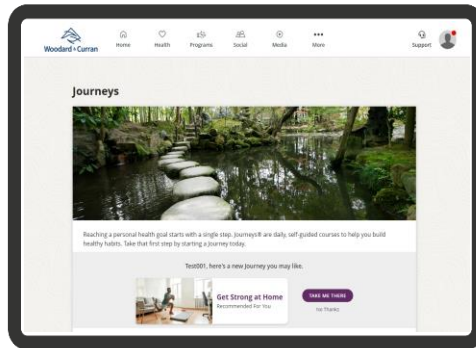
Here are a few of the tools you can use to guide you on your health journey!

Healthy Habits



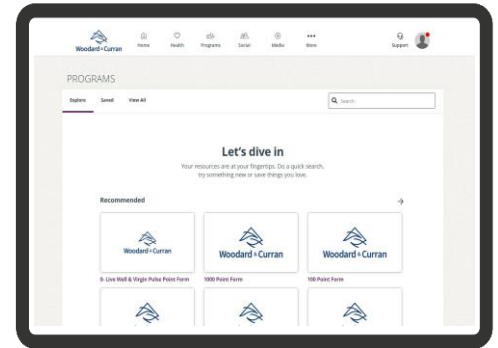
Keep track of everything you do on a daily basis to stay healthy

Journeys



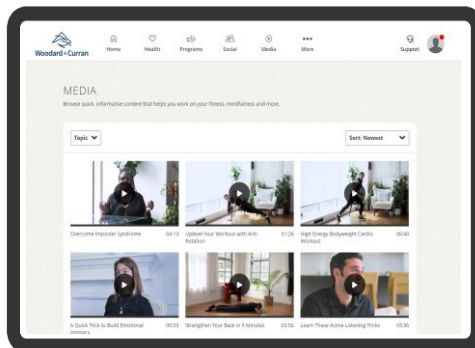
Daily, self-guided courses built to instill healthy habits

Programs



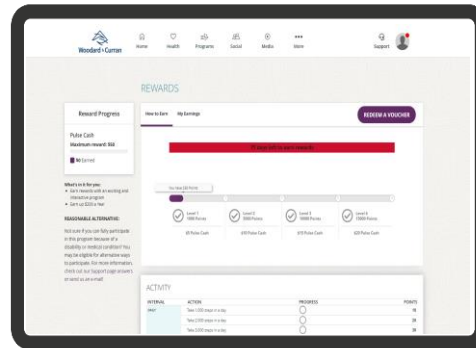
Access all of the offerings available to you as a UWCU employee

Media Library



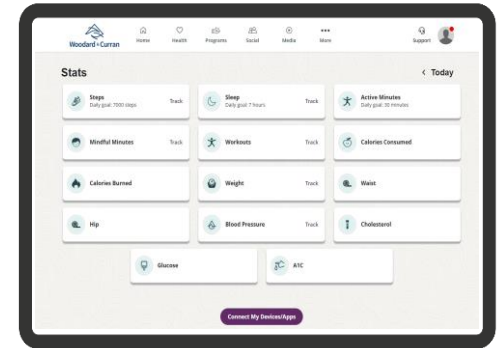
Browse quick, informative content tuned to fitness, mindfulness and more

Rewards



Hub for all of your point earning opportunities

Stats



Home to all of your biometric and fitness stats



Your Rewards

It's easy to earn points by making healthy decisions. You'll have the opportunity to earn rewards this year by participating in the program, earning points, and achieving levels! Here is how your points will translate into rewards:



Earn up to \$600 per year!

		Level 1	Level 2	Level 3	Level 4
<ul style="list-style-type: none"> Earn \$50 for completing your HRA! Earn \$50 for completing a biometric screening! Earn \$50 for taking the Mental Health Pledge! Earn \$50 for completing the Non-Smoking Affidavit (employees only) 	POINTS	500	5000	12000	18000
	REWARDS	\$10	\$20	\$30	\$40

How to Earn Points

go to your Reward page to see all of the ways to earn points

Activity

Upload steps from your activity tracker (Max Go, Fitbit, Apple Health, S Health, Google Fit, etc.)

DAILY (up to 140 Points/day)	Per 1,000 steps	10 Points
	15 or more active minutes	70 Points
	30 or more active minutes	100 Points
	45 or more active minutes	140 Points
MONTHLY	20-Day Triple Tracker (moderate activity)	400 Points
	20-Day Triple Tracker (high activity)	500 Points

Nutrition & Sleep

DAILY	Browse Healthy Recipes	10 Points
	Daily calorie tracking	20 Points
	Track sleep nightly via device	20 Points

Self Tracking

DAILY	Track your healthy habits (up to 30 Points/Day)	10 Points
MONTHLY	Track healthy habits 10 days in a month	200 Points
	Track healthy habits 20 days in a month	300 Points

Cards

DAILY	Complete daily tip card (2/day)	20 Points
MONTHLY	Complete 10 daily cards in a month	100 Points
	Complete 20 daily cards in a month	200 Points

Challenges

MONTHLY	Create a personal challenge	50 Points
	Join a personal challenge	100 Points
	Win the promoted healthy habit challenge	200 Points

Journeys

DAILY	Complete a step	15 Points
QUARTERLY	Complete a Journey	250 Points

More!

ONE-TIME	Complete registration	250 Points
	Add a profile picture	150 Points
	Connect activity device	150 Points
	First 5 friends	250 Points
	First login to mobile app	250 Points
YEARLY	Complete the Health Check Survey	1000 Points
	Complete the Nicotine-Free Agreement	100 Points
	Set a wellbeing goal	200 Points

QUARTERLY	Set interests	100 Points
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Sign up now at join.personifyhealth.com/summit
 Already a member? Login at member.personifyhealth.com
Questions? Contact Member Services at 888-671-9395



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How to Earn Points

go to your Reward page to see all of the ways to earn points

MONTHLY	Blood Drives		100 Points	
	Fitness Classes + (25 / month)		10 Points	
	Fitness Classes (25 / month)		20 Points	
	Virtual Fitness Classes (28 / month)		15 Points	
	Lunch and Learn + (4 / month)		50 Points	
	Lunch and Learn (2 / month)		100 Points	
ANNUALLY	Dental Exam, Vision Exam or Flu Shot		200 Points each	
	Set a wellbeing goal		200 Points	
	Health Screenings (3 / year)		400 Points	
	<small>*Mammogram, Pap Smear, PSA, and Colorectal Screenings</small>			
	Running, Cycling, Triathlons (10 / year)		300 Points	
	Complete the Health Assessment		1,000 Points \$50	
	Biometric Screening		1,000 Points	
	<small>*Can be completed by submitting a PCP form or attending a Biometric Screening hosted by The County of Summit</small>		\$50	
	Nicotine Free Agreement	250 Points		\$50 (employee only)
	Take the Mental Health Pledge			\$50 (employee only)
Attend the Health Fair Annually			100 Points	
COVID-19 Shot			200 Points (x2)	
Wellbeats	Achieve 20 Wellbeats Class Play Minutes		20 Points	
	Complete a Wellbeats Program		40 Points	
	Complete all Wellbeats "About Me" Questions		50 Points	
Rethink Care	Complete a RethinkCare session		20 Points	
	Complete a RethinkCare program		50 Points	
	Complete 10 RethinkCare sessions in a month		100 Points	
	Complete 20 RethinkCare sessions in a month		200 Points	



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