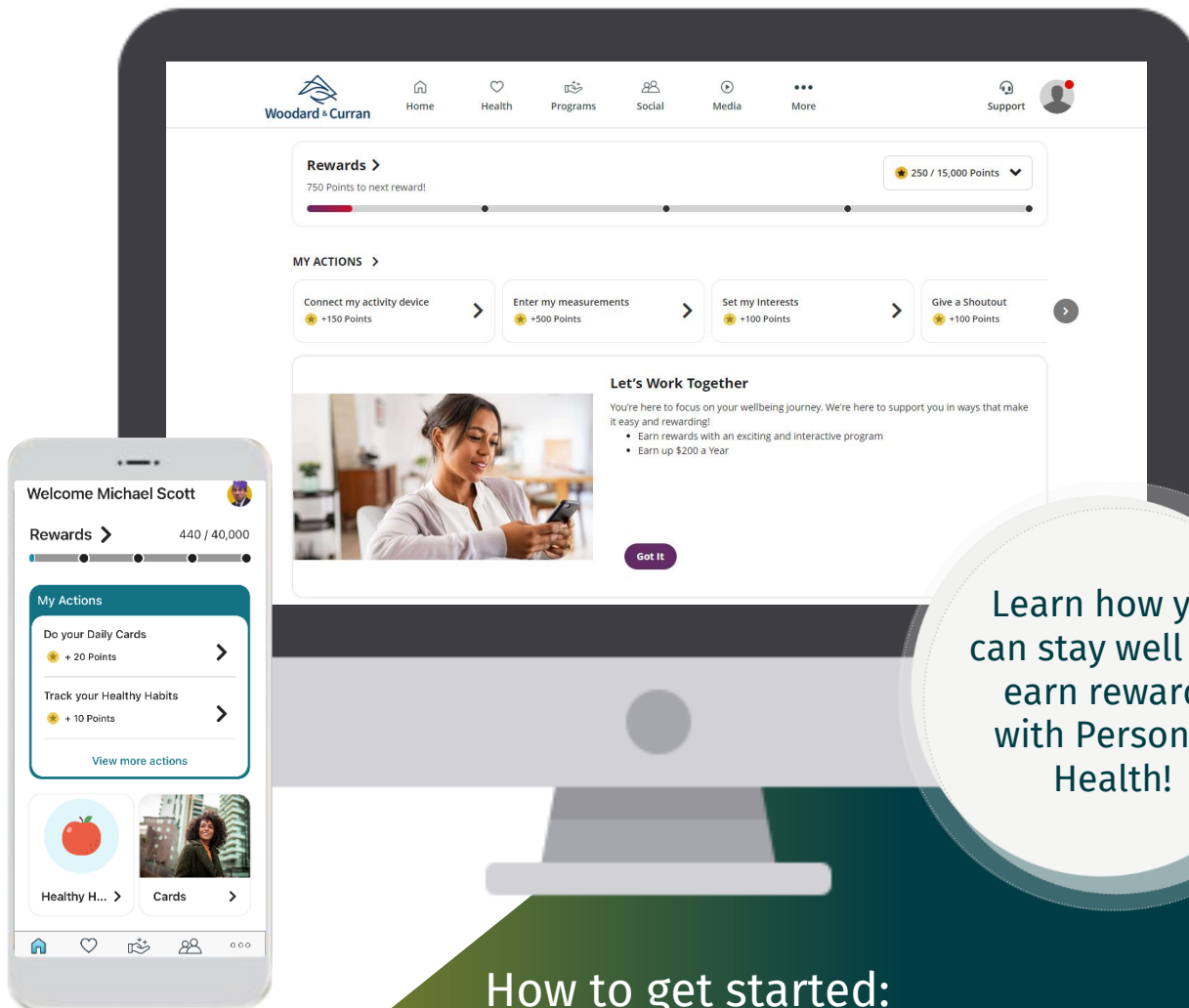# IT'S YOUR TIME TO THRIVE.

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 HOLISITIC WELLNESS

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

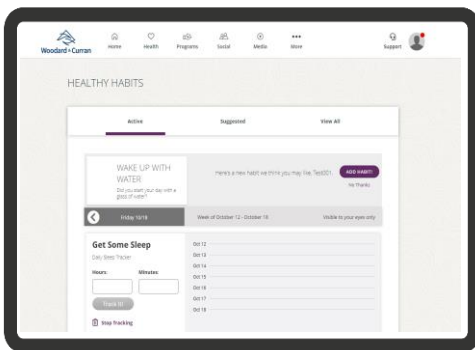**Physical**   **Emotional**   **Spiritual**   **Financial**   **More!**
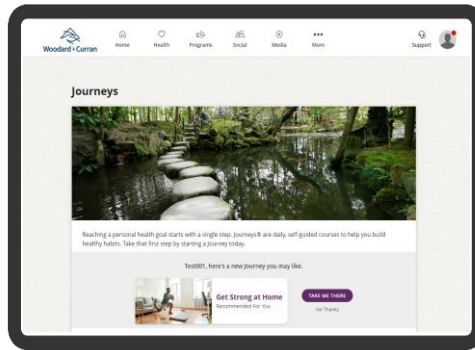
Here are a few of the tools you can use to guide you on your health journey!
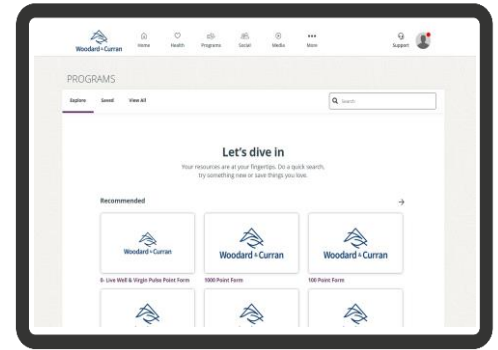
Healthy Habits

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

Journeys

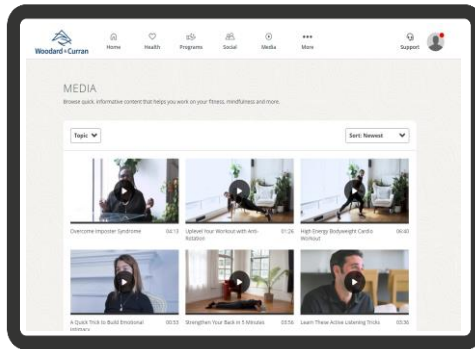Daily, self-guided courses built to instill healthy habits
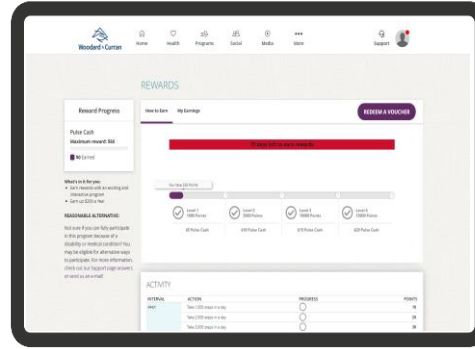
Programs

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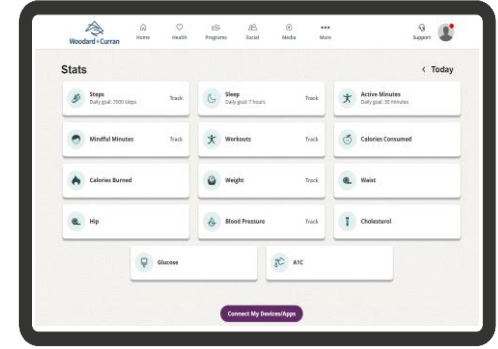
Media Library

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

ILENE SHAPIRO
COUNTY EXECUTIVE

personify HEALTH

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 $500 per year!

		Level 1	Level 2	Level 3	Level 4
• Earn $50 for completing your HRA! • Earn $50 for completing a biometric screening!	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

Sign up now at **join.personifyhealth.com/summit**
Already a member? Login at **member.personifyhealth.com**
Questions? Contact Member Services at 888-671-9395

~personify HEALTH | ILENE SHAPIRO COUNTY EXECUTIVE

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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) *Mammogram, Pap Smear, PSA, and Colorectal Screenings	400 Points
	Running, Cycling, Triathlons (10 / year)	300 Points
	Complete the Health Assessment	1,000 Points $50
	Biometric Screening *Can be completed by submitting a PCP form or attending a Biometric Screening hosted by The County of Summit $50	1,000 Points
	COVID-19 Shot	200 Points (x2)

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