

# How to Earn Personify Rewards with Wellbeats *Wellness*

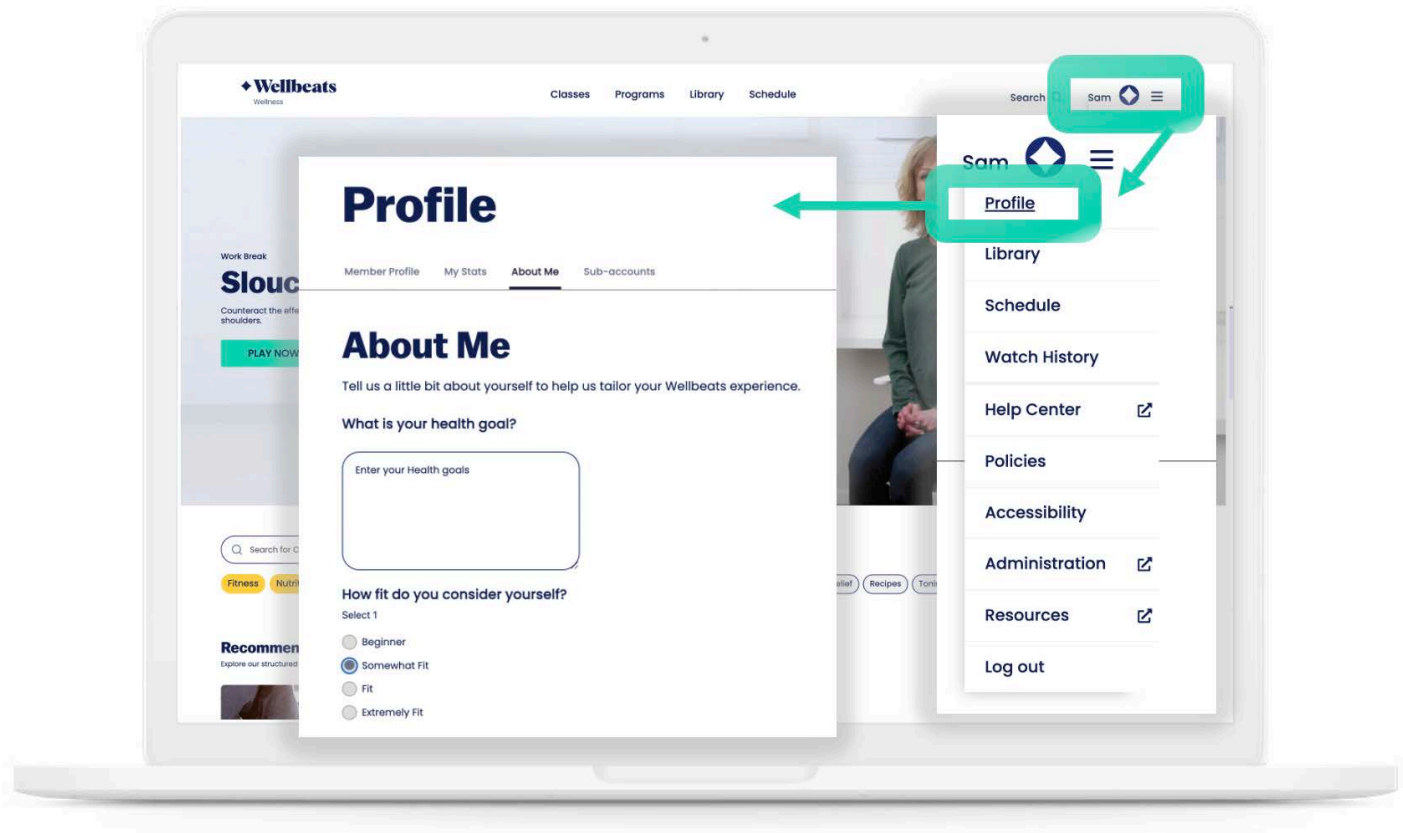
Wellbeats *Wellness* is your virtual wellness offering on Personify with thousands of fitness, nutrition and mind-body classes to help you live a healthier life.

Here are 3 ways to earn Personify rewards with Wellbeats *Wellness*:

## 1. Complete the “About Me” Survey

Answer all 7 questions to be eligible for points. Completing this survey will customize your Wellbeats *Wellness* experience with recommended classes and programs.

**Directions:** Go to your Wellbeats *Wellness* profile in the main menu, then select “About Me”.

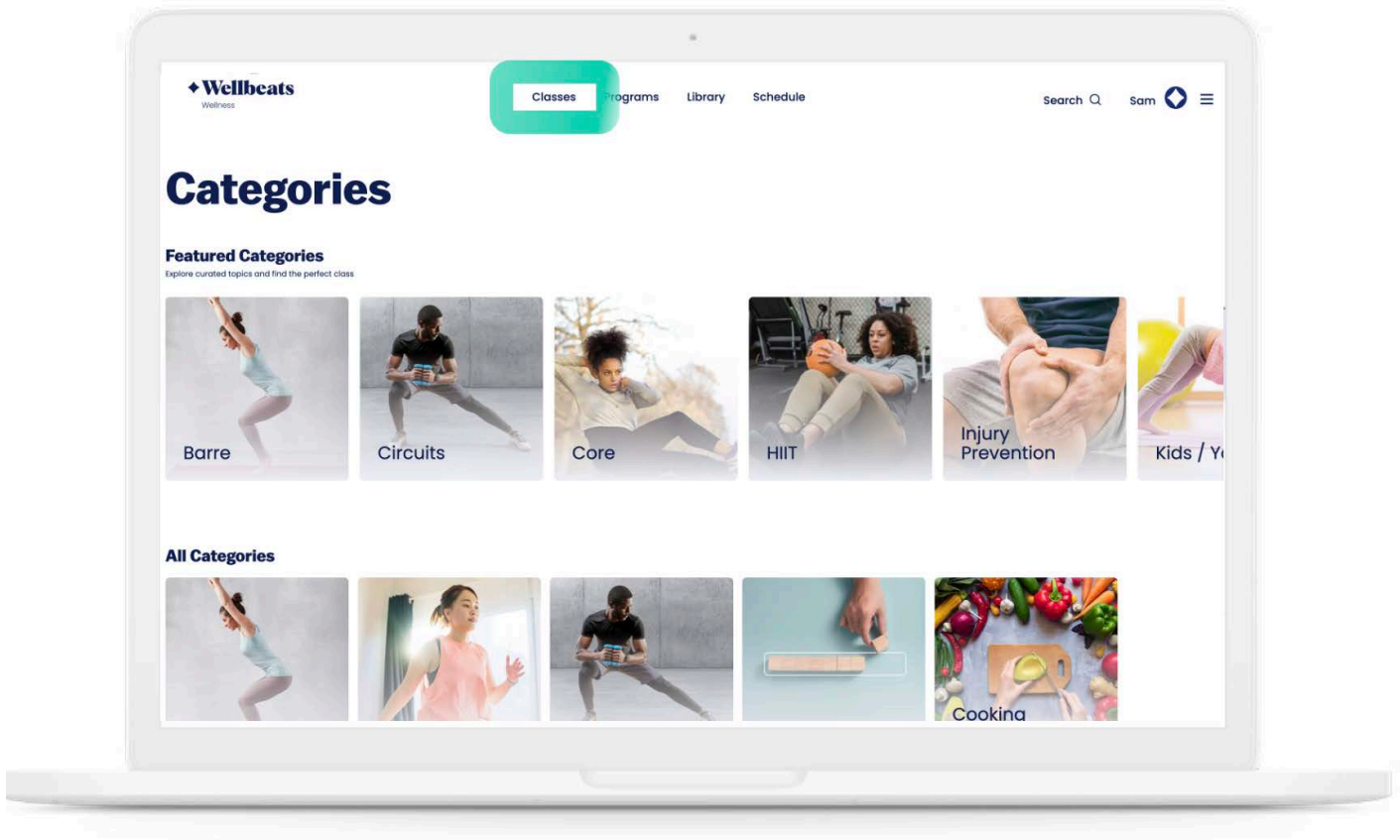


## 2. Reach 20 Wellbeats Class Play Minutes

Minutes can be achieved across any number of classes or days. Wellbeats *Wellness* offers a variety of fitness, nutrition, and mind-body classes for all ages, levels, abilities, and interests.

**Please note:** class previews (available within each class) will not count toward your total minutes for rewards.

**Directions:** Select “Classes” at the top of your home screen. Choose a class category that caters to your interests, then select a class to play.

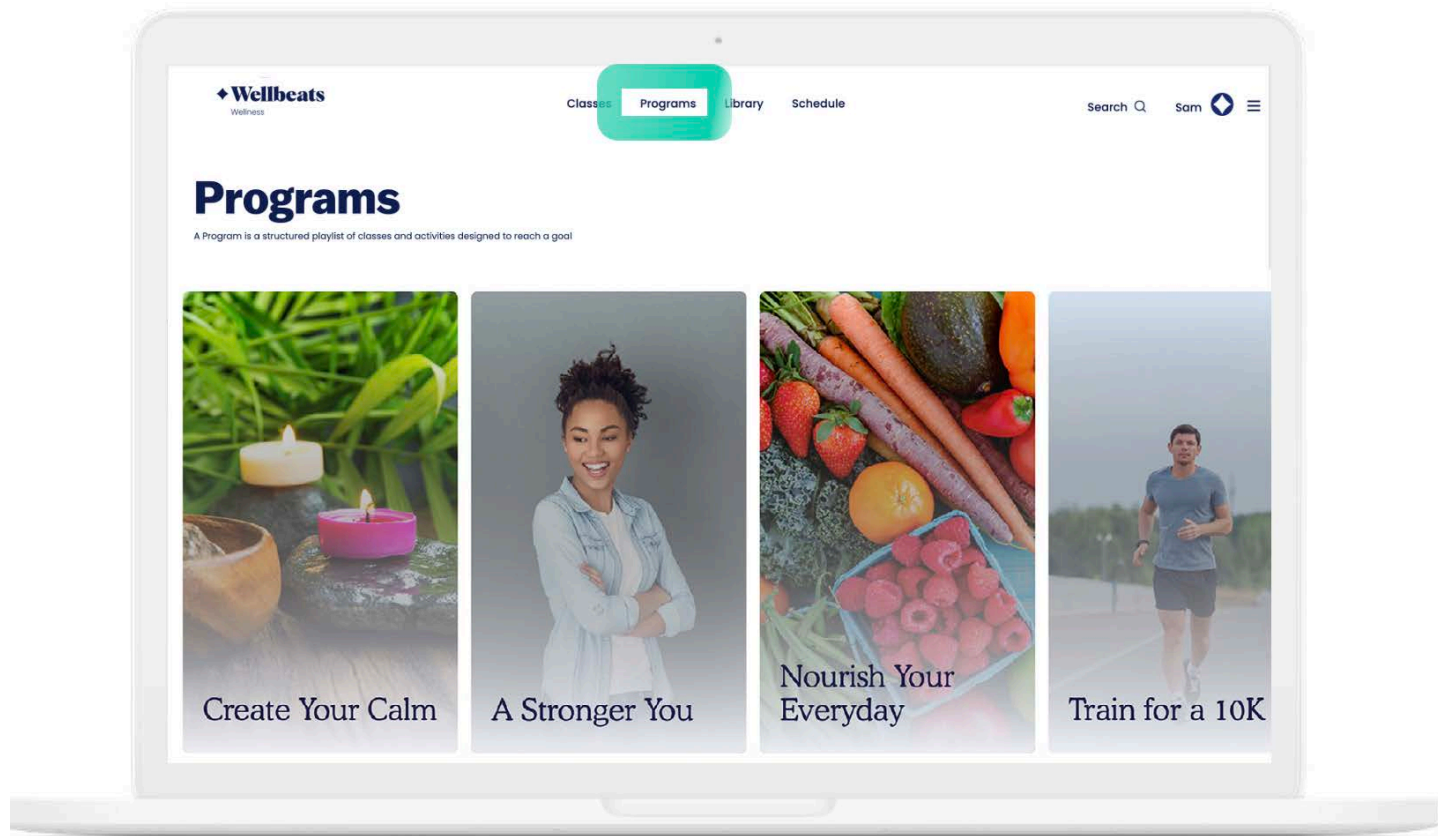


## 3. Complete a Wellbeats Program

Explore 60+ programs with a schedule of classes and activities to help you reach a specific goal. Programs vary from 2-8 weeks in length.

**Directions:** Select “Programs” at the top of your home screen OR select “Recommended Programs” on

your home screen dashboard.



## Track Your Progress with “My Stats”

Check your progress, view your results, and create your own custom watch report.

**Directions:** Select your profile in the main menu, then select “My Stats”.

