Get motivated and earn points!

Personal challenges

Engage in friendly competition with [coworkers, friends and family] to boost the fun factor. Turn up your activity level and develop new healthy habits by focusing on one specific topic at a time. Get those competitive juices flowing! Create your own personal challenge and invite others to join. Then aim for the top by giving it your all!

Visit **app.personifyhealth.com**, go to the **Social** tab and select **Challenges**, or scan the QR code to open in the app.

Have questions? We're here to help.

- Check out **support.personifyhealth.com**
  Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 800-830-4312
  Monday–Friday, 8 am–9 pm ET
- Send us an email: **support@personifyhealth.com**

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About challenges:

Personal challenges

Create a personal step challenge to increase your activity for one, two or five days in a week. Make sure your fitness tracking device or app is connected to your account and start stepping. Invite your [coworkers and friends] for some friendly competition and see who comes out on top.

Healthy Habit challenges

You can create a Healthy Habit challenge for any one of the habits offered in your program. You can create a challenge for a Healthy Habit you're currently tracking, or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances and more. Simply track it every day in order to reach your goal.

How to start a challenge:

Step 1

Go to the **Social** tab, select **Challenges** and then **Create**. Once you're in this section, choose **Personal Challenge** or **Healthy Habit Challenge**.

For personal challenges, you'll choose the duration of the challenge and start it up.

For Healthy Habit challenges, you'll select the habit you want to work on, write a personal message and get it started.

Step 2

Now that your challenge is set up, invite others to join! Select **Invite Players**, and you'll have the option to invite from your friends list, search for friends, or invite a Group. You can also add an email list of up to 250 people.

Keep it up to date!

To upload your fitness tracker data to Personify Health, open the mobile app. Your steps, active minutes and sleep information will upload (sync) automatically. It's that easy!

Syncing is the simple process of uploading information from an activity tracker to the mobile app, so it's all in one place. Be sure to sign in to your app **at least once a week** so your data syncs and counts toward your activity goals.

Things to explore:

Chat

If you invited others to join your challenge, connect and share images or tips on how to build habits and stay active via the challenge Chat feature.

Leaderboard

If you're in a group challenge and are competitively motivated, take a look at the Leaderboard in the app to see who's in the lead. If you're falling behind, put the pedal to the metal and aim for that #1 spot.

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