


There's something for everyone.

Which focus area do you align with?

Personify Health can help you earn rewards and work toward achieving personal goals! Pick your well-being focus area and make the most out of your own journey.




 **Bonus Points!** Earn extra points for healthy things you do every day!

Earn up to \$_____ this year for prioritizing your well-being

- Accumulate 15,000 points per quarter to earn \$_____ in Rewards Cash, for up to \$_____ in Rewards Cash annually.




GOAL Physical Activity

"I'm focused on physical activity and fueling for energy, but also care about my overall well-being."

Quarterly Point Opportunities	Points Earned
General	
Set your interests (suggestions: Getting Active, Eating Healthy, Sleeping Well)	400
Set a well-being goal (annual earning opportunity)	400
Daily Cards	
Complete 2 Daily Cards, 30 days/month	3,600
 Complete 10 Daily Cards in a month	300
 Complete 20 Daily Cards in a month	600
Healthy Habits	
Track 3 Healthy Habits from Getting Active, 30 days/month	2,700
First time tracking Healthy Habits 5 days/month (one time earning opportunity)	100
 Track Healthy Habits, 20 days/month	900
Activity	
Take 7,000 steps/day, 20 days/month	4,200
Take 10,000 steps/day, 20 days/month	1,500
Work out for 15 mins/day, 10 days/month	2,100
Work out for 30 mins/day, 10 days/month	3,000
20-Day Triple Tracker each month: 7,000 steps/15 active minutes/15 workout minutes	1,200
Challenges	
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month (200/month)	600
Quarterly Total: 21,900	

GOAL Emotional Well-Being

"I'm focused on mental health and emotional well-being. I want to decrease my stress and increase energy; I also track sleep."

Quarterly Point Opportunities	Points Earned
General	
Set your interests (suggestions: Reducing Stress, Anxiety & Depression, Grief and Loss, Alcohol Use)	400
Set a well-being goal (annual earning opportunity)	400
Daily Cards	
Complete 2 Daily Cards, 30 days/month	3,600
 Complete 10 Daily Cards in a month	300
 Complete 20 Daily Cards in a month	600
Healthy Habits	
Track 3 Healthy Habits from Reducing Stress, 30 days/month	2,700
First time tracking Healthy Habits 5 days/month (one time earning opportunity)	100
 Track Healthy Habits, 20 days/month	900
Activity	
Take 7,000 steps/day, 20 days/month	4,200
Take 10,000 steps/day, 20 days/month	1,500
Mental Well-Being	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs each month	150
Challenges	
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month (200/month)	600
Quarterly Total: 16,050	

More focus areas on the next page >

GOAL Chronic Conditions

"I'm focused on general well-being and living with chronic conditions. I want to prioritize preventive health activities as well as physical activity and nutrition."

Quarterly Point Opportunities	Points Earned
General	
Set your interests (suggestions: Diabetes, Blood Pressure, Obesity, Cholesterol, Medicine Support)	400
Set a well-being goal (annual earning opportunity)	400
Daily Cards	
Complete 2 Daily Cards, 30 days/month	3,600
★ Complete 10 Daily Cards in a month	300
★ Complete 20 Daily Cards in a month	600
Healthy Habits	
Track 3 Healthy Habits from Health Situations, 30 days/month	2,700
First time tracking Healthy Habits 5 days/month (one time earning opportunity)	100
★ Track Healthy Habits, 20 days/month	900
Activity	
Take 7,000 steps/day, 20 days/month	4,200
Take 10,000 steps/day, 20 days/month	1,500
Mental Well-Being	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs per month	150
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month (200/month)	600

Quarterly Total: 16,050

GOAL Improve Sleep

"I'm focused on getting better sleep. I want to improve my sleep through stress reduction and physical activity."

Quarterly Point Opportunities	Points Earned
General	
Set your interests (suggestions: Sleeping Well, Reducing Stress, Getting Active)	400
Set a well-being goal (annual earning opportunity)	400
Daily Cards	
Complete 2 Daily Cards, 30 days/month	3,600
★ Complete 10 Daily Cards in a month	300
★ Complete 20 Daily Cards in a month	600
Healthy Habits	
Track 3 Healthy Habits from Sleeping Well, 30 days/month	2,700
First time tracking Healthy Habits 5 days/month (one time earning opportunity)	100
★ Track Healthy Habits, 20 days/month	900
Activity	
Take 7,000 steps/day, 20 days/month	4,200
Take 10,000 steps/day, 20 days/month	1,500
Mental Well-Being	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs per month	150
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month (200/month)	600

Quarterly Total: 16,050

GOAL Improve Diet

"I want to focus on improving my diet so that I have more energy throughout the day to do the things that I love doing."

Quarterly Point Opportunities	Points Earned
General	
Set your interests (suggestions: Eating Healthy, Getting Active, Sleeping Well)	400
Set a well-being goal (annual earning opportunity)	400
Daily Cards	
Complete 2 Daily Cards, 30 days/month	3,600
★ Complete 10 Daily Cards in a month	300
★ Complete 20 Daily Cards in a month	600
Healthy Habits	
Track 3 Healthy Habits from Eating Healthy, 30 days/month	2,700
First time tracking Healthy Habits 5 days/month (one time earning opportunity)	100
★ Track Healthy Habits, 20 days/month	900
Activity	
Take 7,000 steps/day, 20 days/month	4,200
20-Day Triple Tracker each month: 7,000 steps/15 active minutes/15 workout minutes	1,200
Challenges	
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month	600

Quarterly Total: 15,300

★ **Bonus Points!** Earn extra points for healthy things you do every day!