



Rewards

It’s easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you’ll earn—up to **\$400/\$800** in HSA or HRA contributions in 2025.*

How to earn your Wellness Credit:

Complete by	Complete the online Health Check survey
December 31, 2025	5,000 points

You can participate in additional healthy activities throughout the year to earn points and earn your Wellness Incentive. Simply finish the priority activity to unlock these rewards. Earn **5,000** points to reach **Level 3** and earn the Wellness Incentive.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Points	1,000	2,500	5,000	10,000
Reward	You Did It	Keep Going	\$400/\$800 Wellness Incentive*	Way to Go!

*Employee = \$400
Employee + family = \$800

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete a Next-Steps Consult® appointment	500
	Complete the Health Check	1,000
	Complete a biometric screening	1,000
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes	10
	Complete a step in Journeys®	20
	Win the promoted Healthy Habit challenge	200
Monthly	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Take validated measurements	250
	Join the company challenge	100
	Choose your eating type	250
Quarterly	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Invite a colleague to join	50

Who's eligible?

All employees and spouses are eligible to participate in the well-being program and earn up to \$400 in Wellness Incentives.



Get started at app.personifyhealth.com.
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or scan the code to download the app.