



# Move More, Feel Better: Getting the Most from Personify Health

**Wespath**

# HealthFlex Well-Being Programs

## Assess Health Status and Risks



**Blueprint for Wellness® (BFW)**—Biometric screening to assess more than 25 key health indicators



**Health Check**—Online health assessment that measures lifestyle risks in areas of stress, sleep, physical activity, nutrition and more

## Improve or Maintain Well-Being



**Personify Health**—Find tools to support well-being and track other healthy habits to earn Rewards Cash



**Employee Assistance Program (EAP)**—Receive confidential and free support services around emotional well-being



**Health Coaching (Personify Health)**—Receive guidance from certified professionals to meet your well-being goals



**Chronic Disease Prevention and Diabetes Management Programs**—Reduce risk for developing Type 2 diabetes or heart disease; help manage T1 or T2 diabetes



**MDLIVE® Behavioral Health**—Video chat with a licensed therapist or board-certified psychiatrist



**WW (Weight Watchers®)**—Supports losing weight by developing healthy habits

Log in to Personify Health at [login.personifyhealth.com](https://login.personifyhealth.com) and click on the “Benefits” Tab

# How to Engage



## Personify Health App

- Visit **Google Play** or **Apple App Store**
- Search for **Personify Health** and download
- Enter e-mail registered to account and password
- Explore!

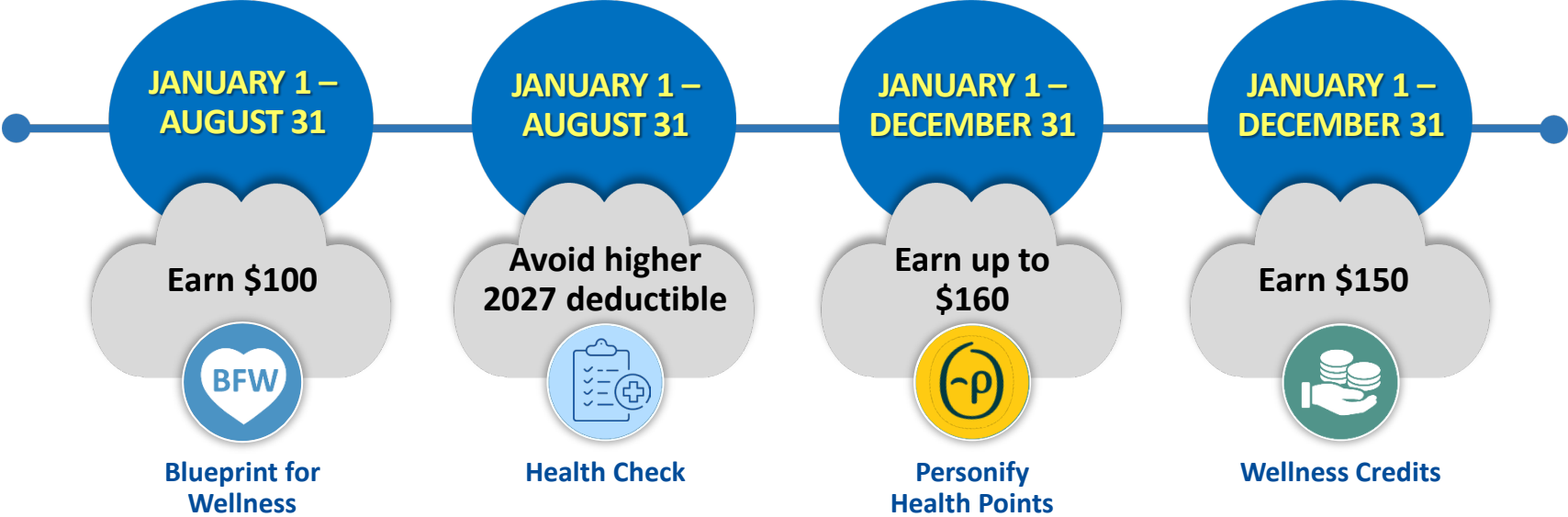


## Web-Based

- Go to **personifyhealth.com**
- Click on **Member Login**
- Enter e-mail registered to account and password
- Explore!

Not a member? Visit [join.personifyhealth.com/wespath – harmonic-appletree-72](https://join.personifyhealth.com/wespath-harmonic-appletree-72)

# Earn Up to \$410 Annually!



Participants and spouses covered by HealthFlex are eligible!



# Personify Health Demo

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Let's explore:

- Physical activity program
- Available tools and incentives
- Daily habits
- And more!



***Note: desktop and mobile view will look slightly different***