

# 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
<b>General</b>	
Set your interests (suggestions: Getting Active, Eating Healthy, Sleeping Well)	400
Set a well-being goal (annual earning opportunity)	400
<b>Daily Cards</b>	
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
<b>Healthy Habits</b>	
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
<b>Activity</b>	
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
<b>Challenges</b>	
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month (200/month)	600
<b>Quarterly Total: 21,900</b>	

### 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
<b>General</b>	
Set your interests (suggestions: Reducing Stress, Anxiety & Depression, Grief and Loss, Alcohol Use)	400
Set a well-being goal (annual earning opportunity)	400
<b>Daily Cards</b>	
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
<b>Healthy Habits</b>	
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
<b>Activity</b>	
Take 7,000 steps/day, 20 days/month	4,200
Take 10,000 steps/day, 20 days/month	1,500
<b>Mental Well-Being</b>	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs each month	150
<b>Challenges</b>	
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month (200/month)	600
<b>Quarterly Total: 16,050</b>	

### 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
<b>General</b>	
Set your interests (suggestions: Diabetes, Blood Pressure, Obesity, Cholesterol, Medicine Support)	400
Set a well-being goal (annual earning opportunity)	400
<b>Daily Cards</b>	
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
<b>Healthy Habits</b>	
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
<b>Activity</b>	
Take 7,000 steps/day, 20 days/month	4,200
Take 10,000 steps/day, 20 days/month	1,500
<b>Mental Well-Being</b>	
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
<b>Quarterly Total: 16,050</b>	

### 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
<b>General</b>	
Set your interests (suggestions: Sleeping Well, Reducing Stress, Getting Active)	400
Set a well-being goal (annual earning opportunity)	400
<b>Daily Cards</b>	
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
<b>Healthy Habits</b>	
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
<b>Activity</b>	
Take 7,000 steps/day, 20 days/month	4,200
Take 10,000 steps/day, 20 days/month	1,500
<b>Mental Well-Being</b>	
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
<b>Quarterly Total: 16,050</b>	

### 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
<b>General</b>	
Set your interests (suggestions: Eating Healthy, Getting Active, Sleeping Well)	400
Set a well-being goal (annual earning opportunity)	400
<b>Daily Cards</b>	
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
<b>Healthy Habits</b>	
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
<b>Activity</b>	
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
<b>Challenges</b>	
Join a personal challenge each month	300
Win the promoted Healthy Habit challenge each month	600
<b>Quarterly Total: 15,300</b>	