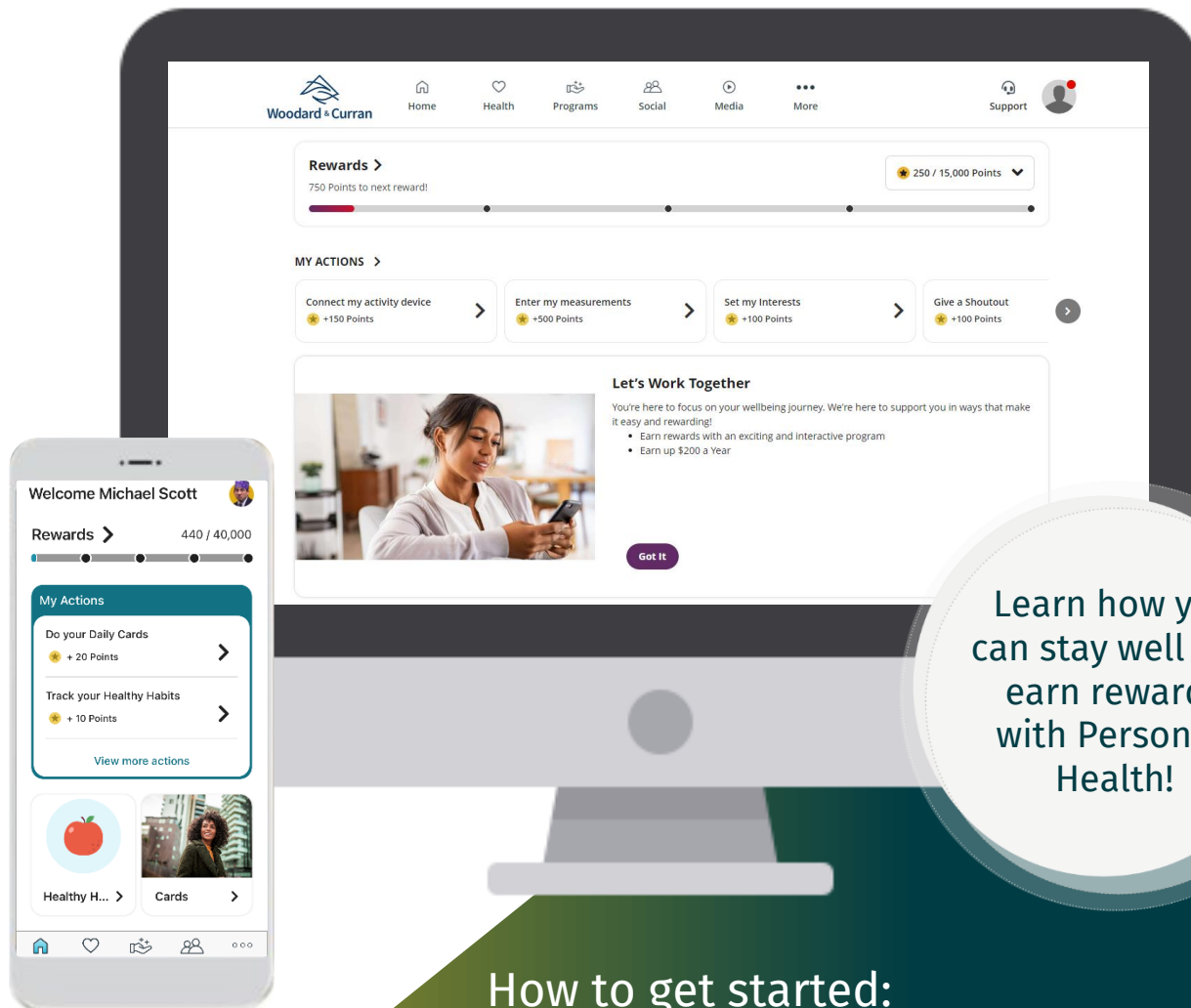


# IT'S YOUR TIME TO THRIVE.

The Personify Health wellbeing program gives you the tools to get active, get healthy, and get rewarded.



Learn how you can stay well and earn rewards with Personify Health!

## How to get started:

- ➔ Register for your Personify account at [join.vpersonifyhealth.com/Mentorschools](https://join.vpersonifyhealth.com/Mentorschools)
- ➔ **Download the Personify mobile app** for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Go, Fitbit, Apple Health, S Health, etc.)
- ➔ **Upload a profile picture and add friends.**
- ➔ **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

# YOUR HUB FOR HOLISTIC WELLNESS

Personify Health is a dynamic platform built to deconstruct every form of wellbeing!



Physical



Emotional



Spiritual



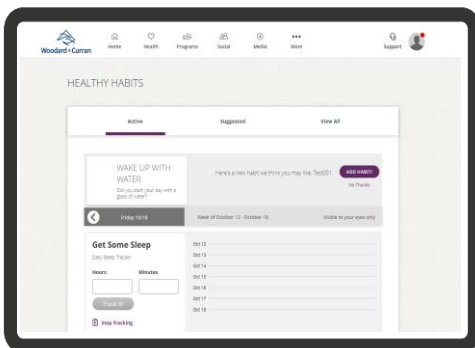
Financial



More!

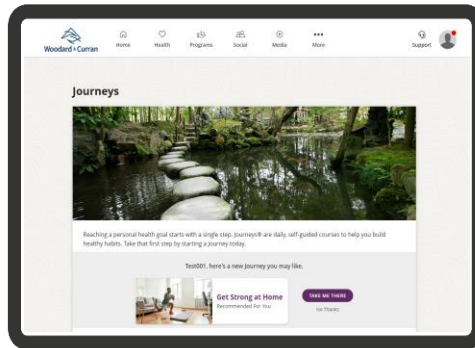
Here are a few of the tools you can use to guide you on your health journey!

## Healthy Habits



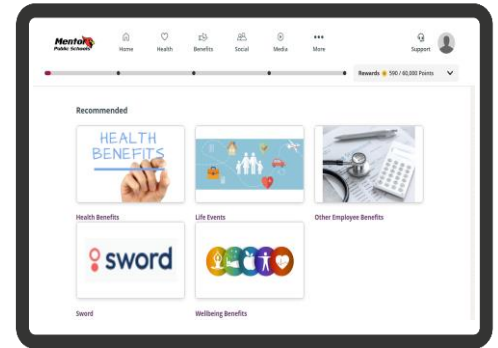
Keep track of everything you do on a daily basis to stay healthy

## Journeys



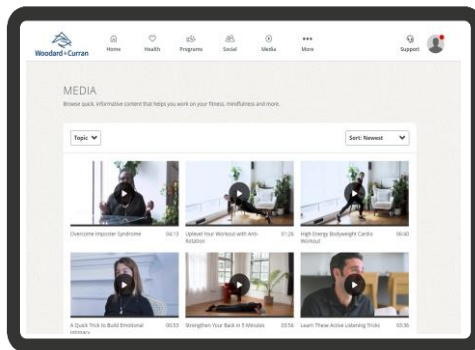
Daily, self-guided courses built to instill healthy habits

## Programs



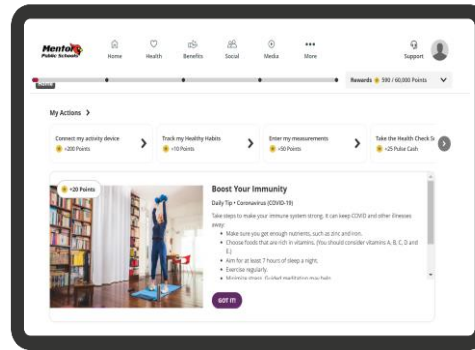
Access all of the offerings available to you as a UWCU employee

## Media Library



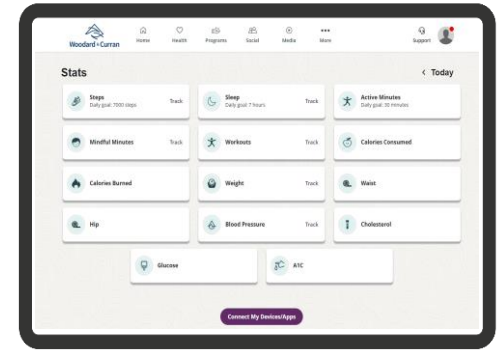
Browse quick, informative content tuned to fitness, mindfulness and more

## Rewards



Hub for all of your point earning opportunities

## Stats



Home to all of your biometric and fitness stats

# Your Rewards

It's easy to earn points by making healthy decisions. You'll have the opportunity to earn rewards this year by participating in the program, earning points, and achieving levels! Here is how your points will translate into rewards:



Earn up to \$400 per year! \$225 for level attainment and \$175 for additional activities.

	Level 1	Level 2	Level 3	Level 4
POINTS	7000	25000	40000	60000
REWARDS	\$25 Pulse Cash	\$50 Pulse Cash	\$75 Pulse Cash	\$75 Pulse Cash

## How to Earn Points

\*go to your Reward page to see all of the ways to earn points\*

### Activity

Upload steps from your activity tracker (Max Buzz, Fitbit, Apple Health, S Health, Google Fit, etc.)

DAILY	Per 1,000 steps	10 Points
(up to 140 Points/day)	15 or more active minutes	70 Points
	30 or more active minutes	100 Points
	45 or more active minutes	140 Points
MONTHLY		
	20-Day Triple Tracker (moderate activity)	400 Points
	20-Day Triple Tracker (high activity)	500 Points

### Nutrition & Sleep

DAILY		
	Browse Healthy Recipes	10 Points
	Daily calorie tracking	20 Points
	Track sleep nightly via device	20 Points

### Self Tracking

DAILY	Track your healthy habits (up to 30 Points/Day)	10 Points
MONTHLY	Track healthy habits 10 days in a month	200 Points
	Track healthy habits 20 days in a month	300 Points

### Cards

DAILY	Complete daily tip card (2/day)	20 Points
MONTHLY	Complete 10 daily cards in a month	100 Points
	Complete 20 daily cards in a month	200 Points

### Challenges

MONTHLY	Create a personal challenge	50 Points
	Join a personal challenge	100 Points
	Win the promoted healthy habit challenge	200 Points

### Journeys

DAILY	Complete a step	15 Points
QUARTERLY	Complete a Journey	250 Points

### More!

ONE-TIME	Complete registration	250 Points
	Add a profile picture	150 Points
	Connect activity device	150 Points
	First 5 friends	250 Points
	First login to mobile app	250 Points
YEARLY	Biometric Screening	\$75 Rewards Cash
	Annual PCP Visit	\$50 Rewards Cash
	My Care Checklist	\$50 Rewards Cash

QUARTERLY	Set interests	100 Points
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Sign up now at [join.personifyhealth.com/mentorschools](https://join.personifyhealth.com/mentorschools)  
 Already a member? Login at [member.personifyhealth.com](https://member.personifyhealth.com)  
**Questions?** Contact Member Services at 888-671-9395

