



PERSONIFY HEALTH WELL-BEING PROGRAM

Build a better you

Personify Health helps you live better and achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

Create an account

- Log in to your **My Health Toolkit®** account and go to **Wellness and Care Management > Wellness Programs > Personify Health** to enroll in your account.
- Accept the terms and conditions.
- After creating an account through **My Health Toolkit**, download the Personify Health mobile app by searching "Personify Health" in the App Store or Google Play.



Personalize your experience

- Set your interests to get personalized well-being tips
- Choose your email preferences
- Connect an activity tracker
- Select the **More** icon to personalize your experience
- Upload a profile picture and add friends

Getting started

You've joined and signed in—now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

Personal Health Assessment

The Personal Health Assessment asks questions about your current health status and well-being habits. Once completed, your responses will be analyzed to generate a health score, show your health risks and provide practical tips to help you improve. Complete the assessment by visiting **Surveys** under the **Health** tab.

Pillars and Topics

Looking to reduce stress, increase your energy throughout the day or find the motivation to continue progress toward your well-being goals? The Pillars and Topics section can point you in the right direction, providing quick access to many helpful tools and resources. Visit the **Pillars** page by selecting the **More** icon and select Pillars to learn more.

Nutrition Guide

Maintaining healthy eating habits is easier when you have a little help. Access the Nutrition Guide and choose your eating profile. Tell us what you'd like to work on, like cutting out sweets or portion control, and we'll serve up plenty of healthy and delicious tips and recipes. Learn more by selecting **Nutrition Guide** under the **Health** tab.

Sleep Guide

Sleep affects nearly every aspect of your health, from your everyday performance and immune system to your ability to focus on other areas of your well-being. When you complete the Sleep Guide, you'll end up with a customized plan for improving the length and quality of your slumber, setting you up for success—day and night. Learn more by selecting **Sleep Guide** under the **Health** tab.

Earning incentives

Good health is its own reward. But that doesn't mean we're going to leave you empty-handed. Visit **Rewards** to view and redeem what you've earned. You'll also get to see all of the different ways you can earn rewards!

Complete your Personal Health Assessment to earn your first 50 credits and unlock more reward opportunities.

Complete the Personal Health Assessment	50 Credits
Healthy Activities	Up to 150 Credits
Credits Annual Max	200

	Do Healthy Things	Earn Credits
Gated Activity	Personal Health Assessment	50
	Complete health checkup OR biometric screening*	75
Health	Complete one of four Preventive Exams (Breast, Cervical, Colorectal Cancer Screening and Prostate Exam)	25
	Complete a Journey	10
General	Set a wellbeing goal	5
	Set your interests	5
	Create a Personal Challenge	5
	Nicotine-Free Agreement	10
	Flu shot attestation	10
Cards	Complete 20 Daily Cards/month	25
Tracking	Track Healthy Habits 20 days/month	25
	20-Day Triple Tracker: 7,000 steps/ 15 active minutes/15 workout minutes	25

*The biometric screening activity is only applicable if your company has a screening program through the health plan. Check with your company to find out how to register.

Additional activities

Prioritize and personalize your experience by engaging in resources to help improve your well-being:

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys®: Try this digital coaching program to make simple changes to improve your health, one step at a time.

Challenges: Team up or go head to head to challenge your coworkers and track healthy habits.

Social Groups: Getting healthier and learning something new is easier with friends. Join a group (or start your own) to stay motivated, chat with others and achieve goals together.

Healthy Habits: Select healthy habits to work toward, and track your progress every day.

Have questions? We're here to help.

- Check out **support.personifyhealth.com**
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 855-944-2058
Monday–Friday, 8 am–9 pm ET
- Send us an email: **support@personifyhealth.com**

Not sure if you can fully participate in this program because of a disability or medical condition? Visit **support.personifyhealth.com** and search Medical Exceptions.

