



JANUARY 13–NOVEMBER 30, 2025

Build a better you

The 2025 HealthWi\$e Wellbeing Program powered by Personify Health gives you the tools to get active, get healthy and live better every day.

Here's how to get started:

- 1. Enroll yourself in the HealthWi\$e Wellbeing Program anytime in Workday.**
- 2. If you were enrolled in the 2024 HealthWi\$e Wellbeing Program, you do not need to re-enroll.** Sign in at app.personifyhealth.com or with the Personify Health mobile app.
- 3. If you're new to Personify Health,** you'll receive a welcome email providing instructions on how to sign up. The welcome email will be sent to your work email account within 7 days of initiating your enrollment.
- 4. For wellness on the go, download the Personify Health mobile app** for iOS or Android.
- 5. Connect an activity tracker** to get credit for your steps, active minutes and sleep. We sync with many devices and apps (Apple Watch, Fitbit, MyFitnessPal, etc.).

Spouses:

- 1. If your spouse already has a Personify Health account,** they can sign in at app.personifyhealth.com or with the Personify Health mobile app.
- 2. If your spouse is new to Personify Health,** go to **Benefits** and then click **Invite spouse to participate**. They will receive a welcome email providing instructions on how to sign up.

Challenge yourself:

Rewards Cash will be awarded when you reach a reward level and when a spouse completes 3 rewardable activities. Employees enrolled in a 2026 DTFOC medical plan will receive the medical premium credit starting in January 2026.



Not a member yet?

Scan the code to enroll through Workday.

2025 HealthWi\$e Program Rewards:

	BE ENGAGED	BE WELL	BE ACTIVE	BE AWESOME	Maximum Annual Rewards
Points	100	200	300	500	
Rewards Cash	\$30	\$20	\$20	\$30	\$100 Rewards Cash
Premium Credit	\$50	\$75	\$125	\$150	\$400 Premium Credit

Earn 800 or more points to be entered into a special prize drawing!

Use your Rewards Cash:



Visit the store



Donate it



Get a gift card

Your Rewards Cash doesn't expire, and rolls over year to year. However, Rewards Cash can't be redeemed once your membership is terminated, so make sure to spend it if your account is being canceled.

Ways to earn:

	Wellness Activities	Points
Once	Health Risk Assessment	100
	Biometric screening: Labcorp voucher, CVS voucher or PCP form	100
	Certified Nicotine-Free	20
	Connect a device	10
	My Care Checklist: Complete 3 rewardable actions: physical, dental, vision exams, colonoscopy, mammogram, etc.	300
Monthly	Track sleep 20 days in a month	20
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	20
	Give a Shoutout	5
	Receive a Shoutout	10
	Win the promoted Healthy Habit challenge	25
	Join a personal challenge	25
	Create a personal challenge	25
Quarterly	Complete a Journey (3x per quarter)	20
	Join the company challenge	100
	Track steps at least once a week for all weeks of the company challenge	100
4x per program	Telephonic coaching call	75
	Wellness Activity verification form	25
	Watch a video in the Media Library	5

Spouse:

Complete 3 rewardable actions to earn \$25 in Rewards Cash and \$75 in Premium Credit

Health Risk Assessment
Biometric screening: Labcorp voucher, CVS voucher or PCP form
Preventive care verification form (physical, dental, vision exams, colonoscopy, mammogram, COVID-19 vaccination, etc.)
20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes
Telephonic coaching call

A Spanish version of this brochure can be found online at dtfamilybenefits.com under the **Wellbeing** tab.

Una versión en español de este folleto está disponible en dtfamilybenefits.com en la pestaña **Bienestar**.