



January 12 – November 30, 2026

Build a better you

The 2026 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 2025 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 seven 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 and more).

Spouses:

- 1 **If your spouse has already created 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 select **Invite spouse to participate**. They will receive a welcome email providing instructions on how to sign up.

Challenge yourself:

You'll earn Rewards Cash when you reach a reward level and when a spouse completes three rewardable activities. Employees enrolled in a 20267 DTFOC medical plan will receive the medical premium credit starting in January 2027.



**Not a member yet?
Scan the QR code to
enroll through Workday.**

2026 HealthWi\$e Program Rewards

Complete requirements to earn a \$400 premium differential toward 2027 and \$100 in Rewards Cash

2026 Program Requirements

Complete the Health Risk Assessment

Complete a biometric screening/annual physical exam via PCP form

Complete one additional applicable preventive exam (i.e., mammogram, dental checkup, vision checkup, cancer screening)

Earn 200 points of additional wellness activities on the platform (i.e., coaching, challenges, Journeys®). For a full list of rewardable activities, go to your **Rewards** page.

Use your Rewards Cash:



Visit the store



Donate it



Get a gift card

Note: 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.

Spouse Program Requirements

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

Complete the Health Risk Assessment

Complete a biometric screening via Labcorp voucher, CVS voucher or PCP form

Complete the 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

Complete a telephonic coaching call



Not a member yet?

Scan the code to enroll through Workday.

Getting started with Personify Health

Download the Personify Health mobile app:

The Personify Health mobile app is available to download on your device:

- **iPhone 6 or above, operating on iOS 14.0 and above:** On your device, open the App Store and search for Personify Health
- **Android devices operating on 6.0 or above:** On your device, open the Google Play and search for Personify Health

Scan the QR code to download the app.



Personify Health website – supported web browsers:

If you receive an error when accessing your account online, try clearing your internet browser cache and cookies, and be sure you are using a supported browser. Call 888-671-9395 for additional assistance.

Validated web browsers:

- Google Chrome (latest version)
- Internet Explorer 11
- Microsoft Edge (latest Chromium version)
- Mozilla Firefox (latest version)

Connect to a fitness tracker:

Personify Health supports a variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:



Visit the [FAQ page](#) to see info on [validated activity trackers](#) and [other supported apps and devices](#).

Invite friends and family:

Invite your friends and family so you can encourage and motivate one another. You can invite up to 10 friends and family members outside of work! They can create challenges, compare stats, track their healthy habits and more.

Note: Family members and friends are not eligible to participate in company challenges or to receive company-sponsored rewards.

Check out the [FAQ page](#) to see [how to add friends or family outside the company](#).



Personify Health support:

Check out support.personifyhealth.com
Live chat: Monday–Friday, 2 am–9 pm ET

Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET

Send us an email: support@personifyhealth.com

Start earning points today!

Earning points and getting healthy is easy with Personify Health. If you're not sure where to get started though, here are some rewardable actions and how to make them work for you!

Complete the Health Risk Assessment:

Required in 2026

The Health Risk Assessment is a short, confidential questionnaire that covers a number of health areas and provides you with an evaluation of your health risks and quality of life. You'll get a personalized report and recommendations on necessary actions. Complete the survey once a year to earn points.

To get started, go to **Home > Health > Health Risk Assessment**. Select **Start the Survey** to begin, or **Re-take** to do it again.

Biometric screening:

Required in 2026

For remote employees or employees who are not able to attend an onsite biometric screening, you can download a **Labcorp voucher**, **CVS voucher** or **Primary Care Physician form** and schedule your offsite screening to earn your biometric screening points!

Go to **Home > Benefits** and select **View All**. Select the **Labcorp Employer Services** tile to go to the Labcorp portal.

Screening options:

Labcorp voucher:

1. Download, print and complete the offsite voucher.
2. Visit labcorp.com/findalab to locate a facility and schedule an appointment.
3. Take your voucher with you to your visit.

CVS voucher:

1. Go to **Benefits** from your **Home** page, then select **CVS MinuteClinic**.
2. In the description, select **Download**.
3. Take your health screening voucher with you to your visit.

Primary Care Physician form:

1. Download the physician form and schedule an appointment with your physician.
2. Submit the completed form by fax or online.

Complete a Coaching Session:

50 points available 4x per year

Schedule a FREE confidential coaching call. Working with a coach can help you set goals, better understand your health and ultimately lead to a healthier, happier life.

Popular coaching topics include:

- Anxiety and Depression
- Chronic Pain
- Diabetes
- Heart Health
- Lung Health
- Manage Weight
- And more

To certify that you are nicotine-free, hover over your profile image

To get started, go to **Benefits** and select **View All**. Select the **Coaching** tile and then **Start Now**.

Rewardable messaging allows coaching sessions to be completed not only by telephone, but also via coach messaging.

My Care Checklist options:

Required in 2026

You also have additional earning opportunities when you complete 3 preventive care activities. The My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations. Depending on your age and gender you may notice different recommendations. You can also attest to health situations, like diabetes, and get further recommendations. Please note that attesting to health situations is not rewardable. Continue below for more information.

Complete 3 preventive care activities and attest to the dates of completion in the My Care Checklist to earn your points!

Go to **Home > Health** and select **My Care Checklist** to get started.

Offsite screening options must be completed by **October 31, 2026**.

If offered in 2026, onsite biometric screening dates will be announced later in the year.

Track your activity daily



Track sleep 20 days in a month:

10 points per month

You'll need to track sleep via a validated device or app. Check out the bottom of page 3 to take a look at the supported devices, and check out the [FAQ page](#) to find out [which devices can be used to track your sleep](#) with Personify Health.



20-Day Triple Tracker: 7,000 steps/ 15 active minutes/15 workout minutes:

10 points per month

Track 7,000 steps, 15 active minutes or 15 workout minutes, or a combination of the three activities, and earn 20 points each month.

Check out these pages for helpful information about tracking your activity:

- [What other devices and applications are supported by Personify Health?](#)
- [How to manually enter your steps](#)
- [What are Activity Minutes?](#)
- [How to log a workout](#)



Challenges

Win the promoted Healthy Habit Challenge:

15 points per month

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Complete the monthly Healthy Habit Challenge to earn points.

To find the monthly challenge, go to **Social > Challenges** and select **Join** when the challenge is available. Achieve the selected habit for at least five out of seven days in the challenge to win.

Join a Personal Challenge:

15 points per month

A Personal Challenge can be a Step or Healthy Habit Challenge. You can create your own Personal Challenge or accept an invitation sent from a friend. Learn [how to join a Personal Challenge](#) on the Personify Health **FAQ page**.

Note: You can join multiple challenges in one month, but the maximum award is 25 points per month.

Create a Personal Challenge:

15 points per month

Earn points when you create a Personal Challenge. Encourage healthy competition! You can invite other people to join your challenge, up to a maximum of 250 people, including yourself.

Note: You can join multiple challenges in one month, but the maximum award is 25 points per month.

The Virgin Pulse **FAQ page** can help you learn **what types of Personal Challenges you can create**.

Join the company challenge:

75 points per quarter

Stay tuned for company-wide challenges where you can go head-to-head with coworkers across your organization and post comments to cheer each other on.

You will receive notifications when upcoming company challenges are scheduled!

Learn how to join [here](#).

Track steps at least once a week for all weeks of the company challenge:

75 points per quarter

Join the company step challenge and earn 100 points when you track steps at least once a week for all weeks of the challenge.

Use a number of supported devices and apps to track your steps or enter them manually.



Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place.

Be sure to sign in to your Personify Health app **at least once every 14 days** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Scan the QR code to open Challenges in your app.



My Care Checklist

My Care Checklist is a handy, personalized healthcare tracker that helps you keep track of your checkups and health care history—all in one place.

Complete 3 rewardable actions:

Required in 2026

Preventive care visits completed between **December 1, 2025**, and **November 30, 2026**, are eligible toward your 2026 program requirements.

Your personal list on **My Care Checklist** is based on your age and gender, and may include:

- Annual physical
- Dental exam
- Vision exam
- Colonoscopy
- Mammogram

To find this feature, go to **Health** and select **View All**. To complete any of the suggested activities, select the plus sign and follow the steps.



Spouses:

Spouses are also eligible for 2026 program points when completing a preventive care visit between **December 1, 2025**, and **November 30, 2026**, based on their results.

To get started, go to **Benefits** and select **View All**. From there, select **Annual Preventive Care Verification Form** and choose **Start Now**. Complete and submit a Preventive Care Verification Form.

Scan the QR code to
open My Care Checklist
in your app.

