



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 in the HealthWi\$e Wellbeing Program anytime in Workday.**
- 2. If you're already enrolled in the HealthWi\$e Wellbeing Program, you do not need to re-enroll.** Sign in at [app.personifyhealth.com](https://app.personifyhealth.com) or with the Personify Health mobile app.
- 3. If you're new to Personify Health,** you'll receive a welcome email with instructions on how to sign up. The welcome email will be sent to your work email account within 7 days of initiating your enrollment. Enter the passphrase **health-is-wealth** when prompted.
- 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](https://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 with instructions on how to sign up.

## Challenge yourself:

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

# 2026 HealthWi\$e Program Rewards

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

## 2026 Program Requirements

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Complete the Health Risk Assessment

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Complete a biometric screening/annual physical exam via PCP form

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

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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.

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### 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

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Complete the Health Risk Assessment

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

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Complete the preventive care verification form (physical, dental, vision exams, colonoscopy, mammogram, COVID-19 vaccination, etc.)

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

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Complete a telephonic coaching call

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**Not a member yet?**

Scan the code to enroll through Workday.

A Spanish version of this brochure can be found online at [dtfamilybenefits.com](https://dtfamilybenefits.com) under the **Wellbeing** tab.

Una versión en español de este folleto está disponible en [dtfamilybenefits.com](https://dtfamilybenefits.com) en la pestaña **Bienestar**.