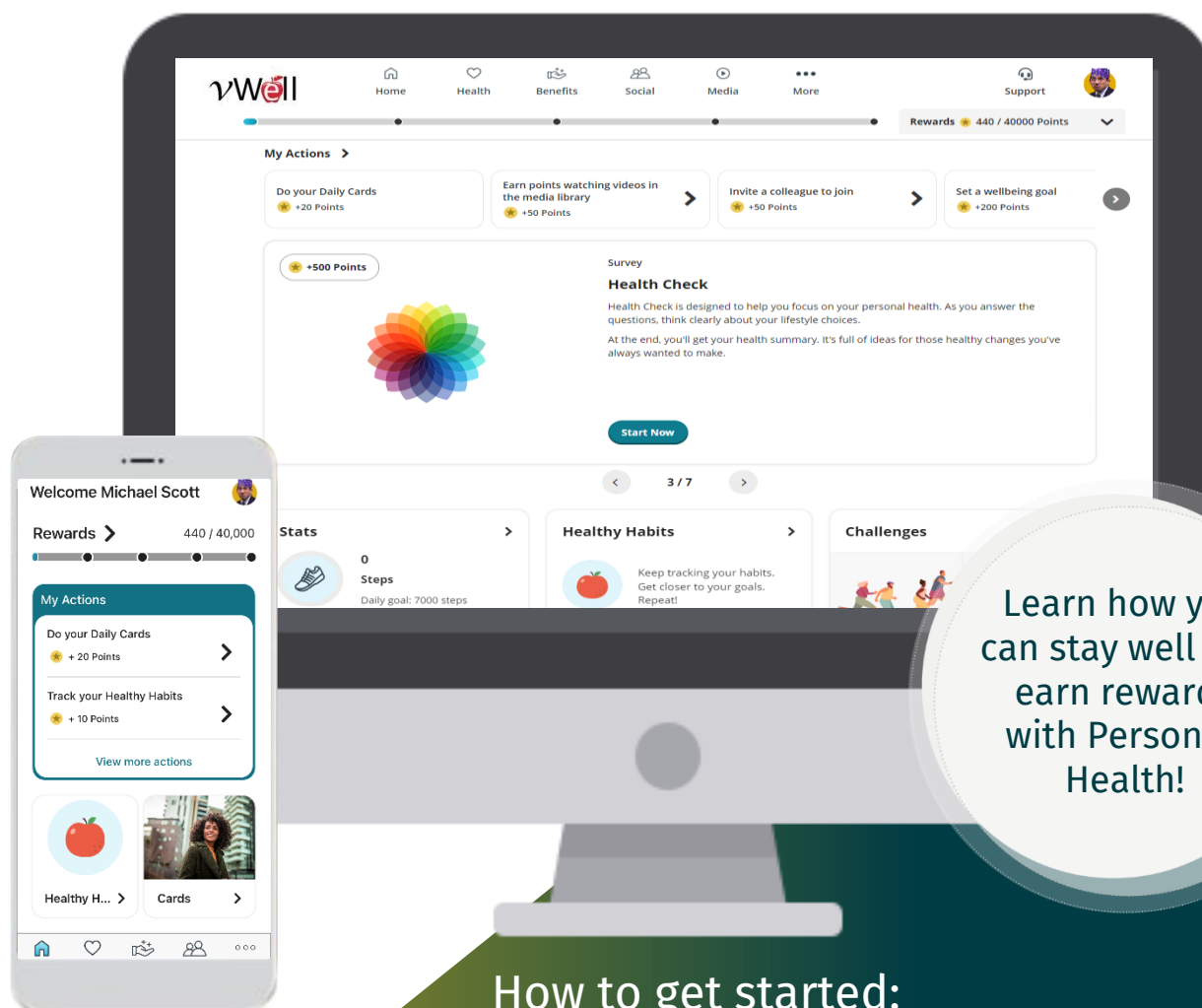


IT'S YOUR TIME TO THRIVE.

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



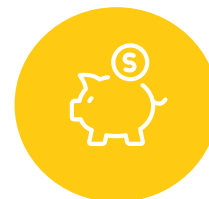
Learn how you
can stay well and
earn rewards
with Personify
Health!

How to get started:

- ➔ Register for your Personify account at join.personifyhealth.com/vrad
Passphrase: **StrongMindStrongBody2001**
- ➔ **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 Rewards

It's easy to earn points by making healthy decisions. You'll have the opportunity to earn up to \$100 in Rewards Cash this quarter by participating in the program, earning points, and achieving levels! Here is how your points will translate into rewards:



Reach level 2 each quarter to earn \$25 Rewards Cash!
Earn up to \$100 Rewards Cash each year!

	Level 1	Level 2	Level 3	Level 4
POINTS	500	4,000	8,000	15,000
REWARDS	Way to go!	\$25 Rewards Cash!	Congrats on reaching level 3!	You're an all star!

Earn \$25 in rewards cash by reaching level 2 (4,000 points) each quarter for completing activities on the portal! You can earn up to a total of \$100 for the entire year!

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 Go, Fitbit, Apple Health, S Health, Google Fit, etc.)	DAILY (up to 140 Points/day)	Per 1,000 steps 15 or more active minutes 30 or more active minutes 45 or more active minutes	10 Points 70 Points 100 Points 140 Points
	MONTHLY	20-Day Triple Tracker (moderate activity) 20-Day Triple Tracker (high activity)	400 Points 500 Points
	DAILY	Calorie Tracking Track sleep manually Track sleep nightly via a device Sleep > 7 hours in a night	20 Points 10 Points 20 Points 50 Points
	DAILY	Track your healthy habits (up to 30 Points/Day)	30 Points
Nutrition & Sleep	MONTHLY	Track healthy habits 10 days in a month Track healthy habits 20 days in a month	200 Points 300 Points
	DAILY	Complete daily tip card (2/day)	40 Points
Self Tracking	MONTHLY	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 Points 200 Points
	MONTHLY	Create a personal challenge Join a personal challenge Join the Company Challenge	50 Points 100 Points 100 Points
Cards	DAILY	Complete a step	20 Points
	ONE-TIME	Complete registration Add a profile picture Connect activity device First 5 friends First login to mobile app	100 Points 100 Points 200 Points 250 Points 250 Points
Challenges	YEARLY	Complete the Health Check Survey Complete the Nicotine Free Agreement Set a wellbeing goal	500 Points 100 Points 200 Points
	QUARTERLY	Set interests vRad Quarterly Events Healthy Events	100 Points 200 Points 200 Points
Journeys	ONE-TIME	Complete registration Add a profile picture Connect activity device First 5 friends First login to mobile app	100 Points 100 Points 200 Points 250 Points 250 Points
	YEARLY	Complete the Health Check Survey Complete the Nicotine Free Agreement Set a wellbeing goal	500 Points 100 Points 200 Points
More!	QUARTERLY	Set interests vRad Quarterly Events Healthy Events	100 Points 200 Points 200 Points
	YEARLY	Complete the Health Check Survey Complete the Nicotine Free Agreement Set a wellbeing goal	500 Points 100 Points 200 Points



Sign up now at join.personifyhealth.com/vRad
 Passphrase: **StrongMindStrongBody2001**
 Already a member? Login at member.personifyhealth.com
Questions? Contact Member Services at 888-671-9395

personify
HEALTH

vWell