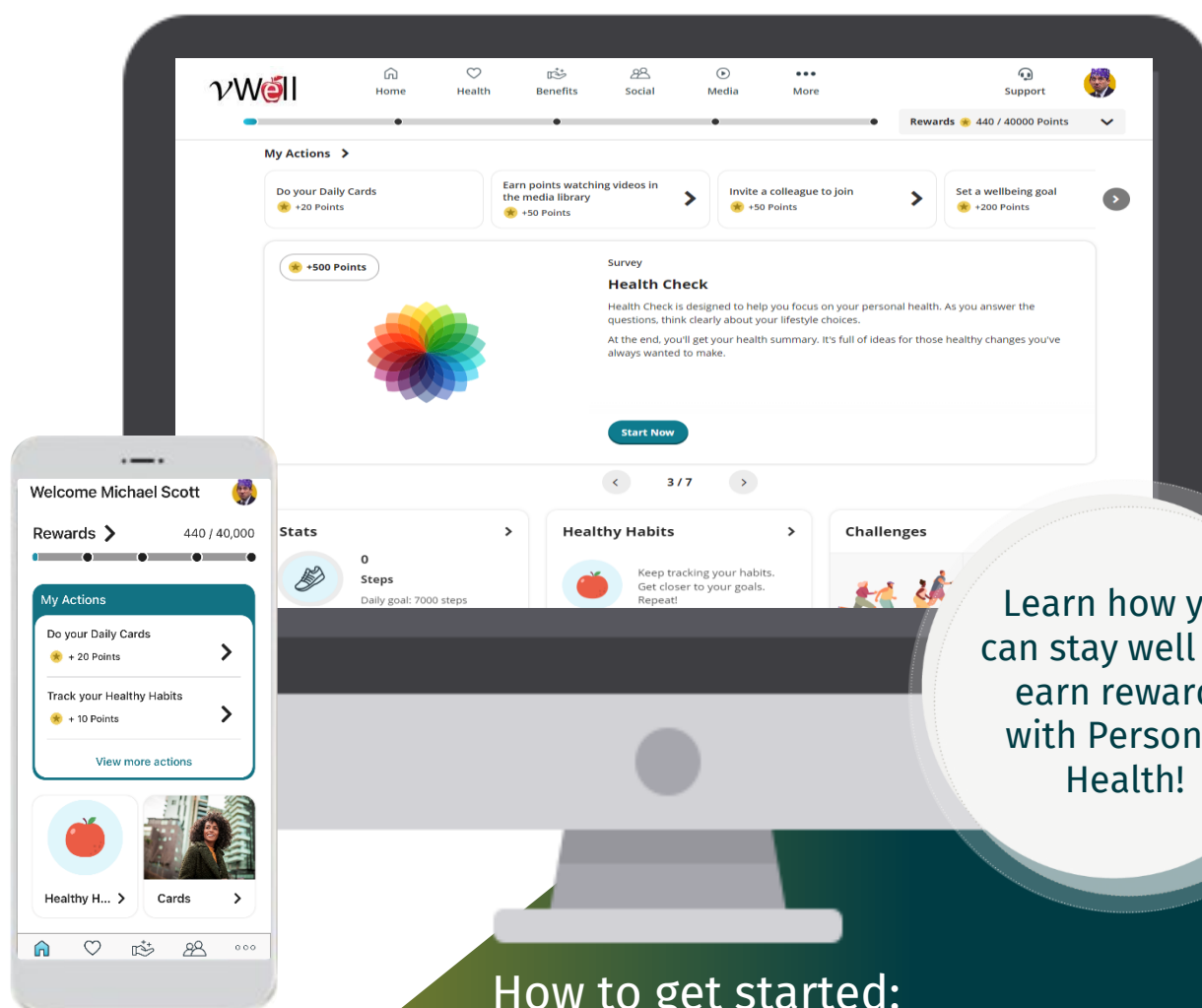


# IT'S YOUR TIME TO THRIVE.

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

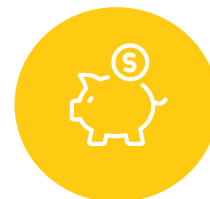


## How to get started:

- ➔ Register for your Personify account at [join.personifyhealth.com/vrad](https://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 \$130 in premium credits each quarter by participating in the program, earning points, and achieving levels! Here is how your points will translate into rewards:



**Earn \$130 in premium credit each quarter, that's up to \$520 towards your premium each year!**

|         | Level 1    | Level 2              | Level 3                       | Level 4             |
|---------|------------|----------------------|-------------------------------|---------------------|
| POINTS  | 500        | 4,000                | 8,000                         | 15,000              |
| REWARDS | Way to go! | \$130 Premium Credit | Congrats on reaching level 3! | You're an all star! |

Earn \$130 in premium credit by reaching level 2 (4,000 points) each quarter for completing activities on the portal! You can earn up to a total of \$520 for the entire year!

## How to Earn Points

\*go to your Reward page to see all of the ways to earn points\*

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



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

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HEALTH

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