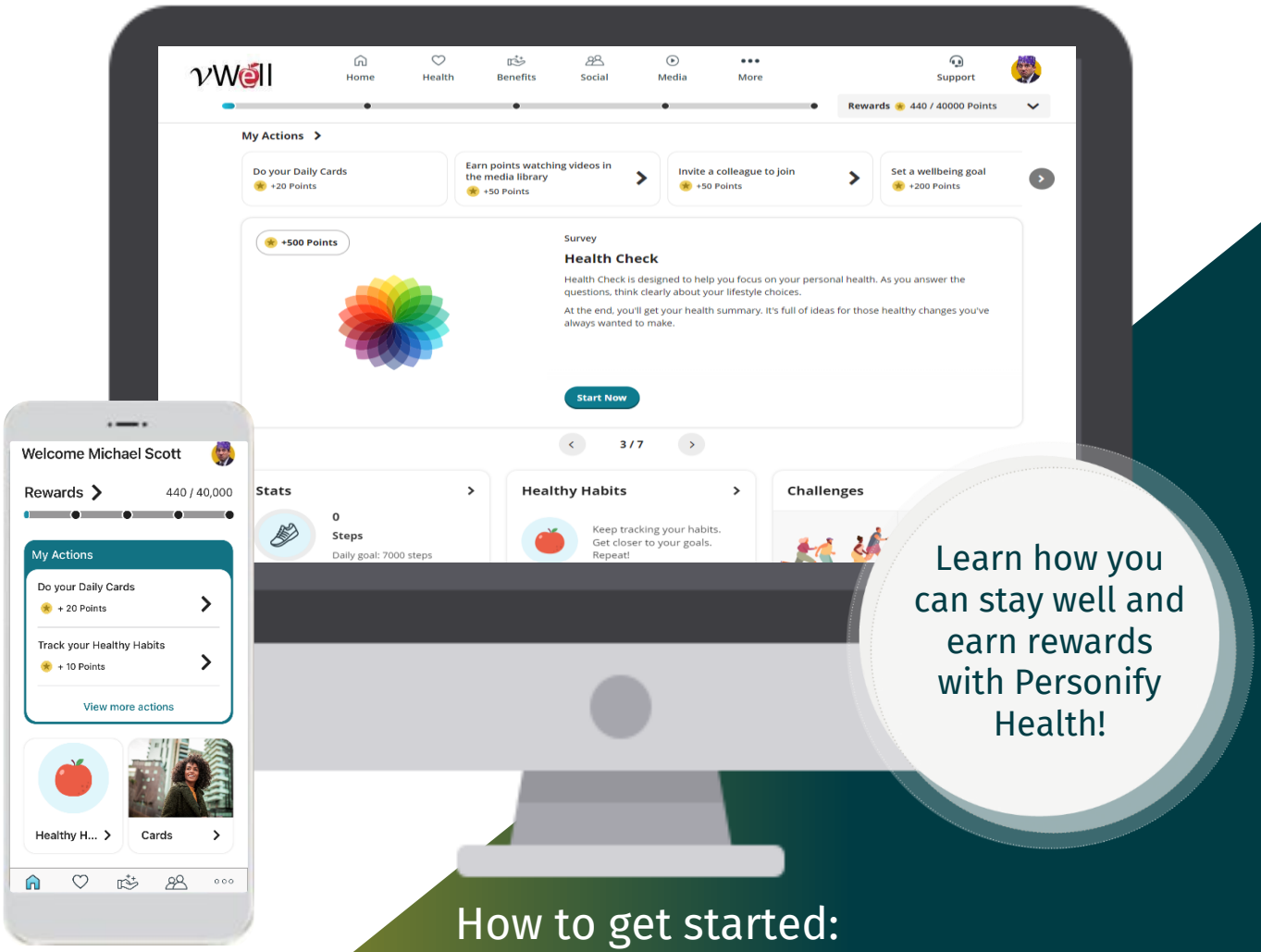
IT'S YOUR TIME TO THRIVE.

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 $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

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

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

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