Earn up to $300 in Rewards Cash per year!

PERSONIFY HEALTH

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

- Earn up to $75 in Rewards Cash per quarter and $600 in Premium Credit per year.
- Access personalized tools and support to meet your wellbeing goals.

Who's eligible:

All associates are eligible to participate in the wellbeing program and earn rewards. Please note, only Associates are eligible to earn Rewards Cash.

RICH'S®

personify™ HEALTH

How to get started

Step 1 **Sign up for your Personify Health account** by going to **join.personifyhealth.com/RichProducts**. Already a member? Sign in at **app.personifyhealth.com**.

Step 2 **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.

Step 3 **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max GO, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

Step 4 **Upload a profile picture** and add some friends.

Step 5 **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 6 **Download the Personify Health app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Get the app:

Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	1,000	4,000	8,000	15,000	
Rewards Cash	$10	$15	$20	$30	**$75**

Rewards Cash annual max: $75 x 4 quarters = **$300**

Complete three out of seven actions below to earn your $600/$300 Premium Credit

Annual visit to primary care physician between 12/1/2025-11/30/2026 (attestation form) (1x per program)
Complete the Spring Health Assessment (1x per program)
Complete a RethinkCare Program (3x per program)
Complete your Health Check survey (1x per program)
Complete a Journey (2x per program)
20 days with 7,000 steps or 15 workout/active minutes in a month (3x per program)
Complete a coaching session (3x per program)

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	First login to mobile app	**250**
	Connect first activity device	**200**
	Complete a RethinkCare session	**50**
	Complete a Journeys step	**50**
Daily	Upload steps from your activity tracker (per 1,000 steps)	**10**
	Do your Daily Cards (2 per day)	**20**
	Track your Healthy Habits (3 per day)	**10**
Weekly	Complete a RethinkCare program	**150**
Monthly	Win the promoted Healthy Habit challenge	**200**
	★ Track Healthy Habits 10 days in a month	**400**
	★ Track Healthy Habits 20 days in a month	**500**
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	**400**
	Complete 10 RethinkCare sessions in a month	**200**
	Complete 20 RethinkCare sessions in a month	**300**
	Join the company challenge	**250**
	Reach final destination in the destination challenge	**300**
	Win the promoted Healthy Habit challenge	**250**
	Give a Shoutout	**200**
	Receive a Shoutout	**200**
	★ Track sleep 10 days in a month	**200**
	★ Track sleep 20 days in a month	**300**
Quarterly	Choose your eating type	**250**
	Choose your sleep profile	**250**
Yearly	Set a wellbeing goal	**200**
	Complete the Nicotine-Free Agreement	**100**
	Actively serve as a Wellness Champion (2x per year)	**1,500**
Program	2nd MD Wellbeing Credits (1x per program)	**10,000**
Game	Unlock a level in a holistic challenge	**50**
One time	Complete registration	**500**

Earn bonus points!

Signing in and completing activities daily really pays off. Look for activities with a star. Engaging in these activities multiple times in a month earns you extra points.