



Earn up to
\$360
per year!

THRIVE

Build a better you

The Thrive wellbeing program through Personify Health helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right at your fingertips.

Who can participate?

Employees and spouses are eligible to join.

Who can participate?

- Go to [Thrive](#)
- Accept the terms and conditions
- Download the Personify Health app from the App Store or Google Play

Don't miss out

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Thrive app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Personalize your experience

Go to the **More** tab and discover the many ways you can customize your wellbeing program. Connect your activity tracker or another wellbeing app and set your topics of interest to make your experience focus in on what matters to you most.

Complete the Health Check

The Health Check asks questions about your current health status and wellbeing habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your wellbeing. You'll find the survey under the **Health** tab.

Track your Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits** to change up the habits you try over time.

Biometric Screening

Get vital information about your overall health, including cholesterol, glucose, blood pressure and more. Complete your screening at a Quest Diagnostics® Patient Service Center or Labcorp facility, at an upcoming onsite event, or by visiting your physician and returning the completed Healthcare Provider Screening Form. Get more information on your **Benefits** page today.

Coaching

Looking for additional help? Try personal coaching for one-on-one support, practical guidance and answers to your questions. Connect with a coach to set goals, overcome obstacles and get constructive advice. Go to the **Health** tab and choose **Coaching** to get started.

Rewards

You can earn up to \$30 per month (\$360 total) in premium benefits discounts for the following year for participating in activities. Team members are entered into quarterly prize drawings just for using the platform. Non-benefits enrolled team members and spouses can still participate and earn a \$125 gift card at the end of the year.

For a full list of ways to earn, go to **Rewards**.

Additional activities

Prioritize and personalize your experience by engaging in resources to help improve your wellbeing:

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys®: Try this digital coaching program to make simple changes to improve your health, one step at a time.

My Care Checklist: My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of health checkups, all in one place.

Challenges: Team up with others to create new habits with some healthy competition.

Nutrition Guide: Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide: What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Have questions? We're here to help.

- Check out support.personifyhealth.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email:
support@personifyhealth.com

