



Be Healthy Checklist

Southwestern Health Resources offers a variety of ways to support your journey to better well-being. Choose from activities that best support your goals and earn rewards. Employees enrolled in medical coverage through Southwestern Health Resources may earn up to \$600, and enrolled spouses may earn up to \$175. Unless otherwise noted, most activities can be completed **Jan. 1–Dec. 31**.

Check out what's new in 2026!

	Activity	How to Participate and Earn Rewards	Employee Reward (\$600 max)	Spouse Reward (\$175 max)
Physical Well-being	Wellness/Preventive Exam	Complete the exam or screening through a provider on your Southwestern Health Resources medical plan. Your reward is processed automatically within 8 weeks.	\$100	\$50
	Complete a Healthy Pregnancy Program*		\$50	\$25
	Breast Cancer Exam		\$50	\$25
	Colon Cancer Screening		\$50	\$25
	Preventive Dental Exam**	Complete an annual exam, and then visit Personify Health. Go to your Rewards page. Select the activity and complete the form.	\$25	\$10
	Annual Eye Exam**		\$25	\$10
	Complete 3 Noom Coaching Sessions	In Personify Health, go to the Benefits tab and select Noom Weight to enroll. Complete three coaching sessions, then go to your Rewards page. Select this activity and complete the form.	\$25	\$25
	Complete the Health Check Survey	In Personify Health, go to <i>Health</i> tab. Select <i>Surveys</i> and complete the Healthy Check survey.	\$25	\$10
	Personify Health Activities:	To track calories, sleep or steps: In Personify Health, go to your profile, then <i>Devices and Apps</i> to sync your compatible Bluetooth tracking device. To complete a journey: In Personify Health, go to <i>Health</i> tab, then <i>Journeys</i> . Select and complete a Journey. To complete a Spotlight Challenge: In Personify Health, go to <i>Social</i> tab, then <i>Challenges</i> . Join and complete a quarterly Spotlight Challenge and reach your goal within the time limit.	\$25 each; complete any combination of these activities up to 4 times for a maximum of \$100	\$10 each; complete any combination of these activities up to 4 times for a maximum of \$40
	- Track calories 20 days in a month - Track sleep 20 days in a month - Track 7,000 steps OR 15 active minutes OR 15 workout minutes 20 days/month - Complete a Journey - Complete a Spotlight Challenge			
Financial Well-being	Be Healthy Biometric Screening - LDL Cholesterol (<100) - Blood Pressure (<120/80) - Fasting Blood Sugar (<100) - Waist (<35" Female, <40" Male) Available Feb. 1–Nov. 30	Register for a screening in Personify Health. Select <i>Benefits</i> tab, select the Be Healthy Biometric Screening. Screening options: 1) Quest Patient Service Center (reward processes automatically) 2) Your doctor's office (download form, complete screening with provider, upload form for processing) For missed metric(s), complete a reasonable alternative to earn full rewards. Visit BeHealthySWHRCIN.org for details.	\$100 for completing screening + \$50 per metric met (Up to \$300 total)	N/A
	Complete a Fidelity Advisor Session	Go to netbenefits.com/swhrcin to schedule your free one-on-one session. After you complete your session, go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	N/A
	Complete a SoFi Financial Planner Session	Schedule and complete a session at Sofi.com/at-work/financial-planners/ . Go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	N/A
Mental Well-being	Complete an EAP Self-Care Check-In Session	Go to BeHealthySWHRCIN.org/events to find a scheduled session. After you complete your session, go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	N/A
	Complete a Headspace Course	Complete a course in the Headspace mobile app. Go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	\$10
Social Well-being	Complete a Personify Health Peer-to-Peer Challenge	In Personify Health, select Rewards on home page. Join or create a peer-to-peer challenge, then complete the challenge.	\$25	\$10



Personify Health

Our Be Healthy program activities and rewards is powered by Personify Health. Through the website or app, you can:

- Complete activities and challenges
- Set goals and track your progress
- Connect and compete with friends
- Build healthy habits over time

Both employees and spouses enrolled in medical coverage through Southwestern Health Resources have access to Personify Health.



Use the camera on your smartphone to scan and download the Personify Health app.



Schedule Your Annual Exams

One of the best decisions you can make for your health is to get check-ups and screenings every year. Your doctor may be able to identify your risk for future medical issues.

- Annual wellness exam with your primary care doctor
- Dental exams
- Eye exams
- Age-appropriate cancer screenings: breast cancer, skin cancer, colon cancer, etc.



Well-Being Resources

Southwestern Health Resources offers many benefits and resources to support your well-being. Check it out by visiting BeHealthySWHRCIN.org and selecting Well-Being Resources under the Quick Links.



Use the camera on your smartphone to scan for resources that support your well-being.

Get Support



Visit BeHealthySWHRCIN.org/be-healthy for more details



Email us at BeHealthySWHRCIN@TexasHealth.org



Call **1-877-698-4754**, select prompt 9



For questions regarding a reward status, platform or access issues, etc., email support@personifyhealth.com

Southwestern Health Resources



Texas Health
Resources

UT Southwestern
Medical Center



*You must enroll by the 16th week of pregnancy, then finish all elements of the program. To enroll, call 1-877-698-4754, press 2, then either select 1 for Early Steps through Quantum Health or select 2 for Maternity Support through UnitedHealthcare.

**Employees enrolled in medical coverage with Southwestern Health Resources are eligible to earn this reward even if you are not enrolled in dental or vision coverage with Southwestern Health Resources.

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