

Earn Points by Engaging in Activities during 2025

Your wellness journey is as unique as you are! Whether you're focused on fitness, preventive care, mindfulness, or trying a little bit of everything, there's a path to suit your lifestyle and wellness goals.

Here's a few examples of how you could reach **10,000 points (Level 2 status)** in 2025:



Fitness-Focused: Alex the Athlete

Reach 10,000 points through exercise.

Alex enjoys staying active by walking, running, or hiking — every day! Alex sets reminders to take walking breaks during the workday and loves ending his evenings with a brisk walk around the neighborhood. On weekends, he enjoys hiking trails with friends. He uses a smartwatch to track his daily steps and fitness goals, aiming to stay active despite a hectic schedule.

How Alex Could Earn Points:

- ▶ **6,000+ steps 4x per week:** 10,000 points (Level 1 & Level 2 Achieved!)
- OR
- ▶ **10,000 steps or 30 active minutes 100 times:** 10,000 points (Level 1 & Level 2 Achieved!)



Team Spirit: Jamie the Enthusiast

Reach 10,000 points through steps and healthy habits.

Jamie thrives in social or guided settings, enjoying the structure of group exercise classes. She loves experimenting with different Wellbeats classes—yoga on Mondays, HIIT on Wednesdays, and dance fitness on Fridays. She is also working on building healthy habits (like drinking enough water!) and enjoys daily tips and reminders on how she can improve.

How Jamie Could Earn Points:

- ▶ **Participate in 100 Wellbeats classes:** 10,000 points (Level 1 & Level 2 Achieved!)
- OR
- ▶ **Reach at least 6,000 steps at least 2x per week:** 5,500 points (Level 1 Achieved!)
- ▶ **Complete Daily Tip Cards 3x per week:** 5,000 points (Level 2 Achieved!)



Balanced Achiever: Taylor the All-Rounder

Reach 10,000 points through steps and wellness programs.

Taylor prefers a balanced approach to wellness, combining regular physical activity with other healthy habits like nutrition and mindfulness. He starts his mornings with a mindfulness app and squeezes in a short walk during lunch breaks. He also tracks his water intake and enjoys cooking healthy meals at home. His diverse approach helps him stay engaged and balanced.

How Taylor Could Earn Points:

- ▶ **Reach at least 6,000 steps at least 2x per week:** 5,500 points (Level 1 Achieved!)
- ▶ **Browse or favorite 75 recipes:** 750 points
- ▶ **Choose eating type:** 250 points
- ▶ **Complete 500 Calm minutes 2x per year:** 2,000 points
- ▶ **Watch or listen to 40 video experiences related to mindfulness, nutrition, or fitness:** 2,000 points



Preventive Care Champion: Morgan the Planner

Reach 10,000 points through steps and preventive care.

Morgan prioritizes preventive health and wellness. She schedules all her annual check-ups and screenings — from flu shots to routine screenings to her annual physical — ensuring she’s proactive about her health. Though not overly a fitness enthusiast, Morgan earns extra points by adding a walk to her weekly routine.

How Morgan Could Earn Points:

- ▶ **Reach at least 6,000 steps at least 2x per week:** 5,500 points (Level 1 Achieved!)
- ▶ **Complete annual physical:** 500 points
- ▶ **Complete two dental screenings:** 1,000 points
- ▶ **Complete two age and gender appropriate cancer screenings:** 1,500 points
- ▶ **Complete Colonoscopy:** 1,000 points
- ▶ **Complete flu shot:** 500 points



Wellness Explorer: Riley the Sampler

Reach 10,000 points through various health and wellness activities.

Riley loves variety and enjoys exploring all aspects of wellness, from fitness to mindfulness to preventive care. Her wellness routine is all about trying new things — mixing yoga classes with outdoor walks and tracking her sleep for a month. Her adventurous spirit keeps her motivated and ensures she’s earning points in multiple ways.

How Riley Could Earn Points:

- ▶ **Reach at least 6,000 steps at least 2x per week:** 5,500 points (Level 1 Achieved!)
- ▶ **Track Healthy Habits for three months:** 1,500 points
- ▶ **Track sleep 20 days in a month for three months:** 600 points
- ▶ **Complete 20 yoga classes in Wellbeats:** 1,000 points
- ▶ **Complete two dental screenings:** 1,000 points
- ▶ **Complete flu shot or a physical:** 500 points



Healthy Lifestyle: Casey the Beginner

Reach 10,000 points through wellness activities and healthy lifestyle guidance

Casey is just beginning her wellness journey and is eager for guidance to develop a healthier lifestyle. She focuses on the basics, such as getting regular check-ups and incorporating small changes like weekly walks. With the support of coaching and educational resources, Casey is building habits that will set her on a path to long-term wellness.

How Casey Could Earn Points:

- ▶ **Reach 6,000 steps once per week:** 3000 points
- ▶ **Complete 15 Benesch Benefits/Wellness Webinars:** 1500 points
- ▶ **Complete four health coaching sessions:** 2000 points
- ▶ **Track weight for two quarters:** 1000 points
- ▶ **Complete two dental screenings:** 1000 points
- ▶ **Complete flu shot and a physical:** 1000 points
- ▶ **Complete health check survey:** 500 points

Earn your firm-provided 2026 HSA contribution by December 1, 2025.

To earn HSA funds for 2026, you and your spouse (if covered on a Benesch medical plan) must participate in wellness activities. You must each earn:

- **Level 2 – 10,000 points** (if hired before January 1, 2025)
- **Level 1 – 5,000 points** (if hired between January 1, 2025 and July 1, 2025)

Visit mybeneschbenefits.com to learn more.

Ready to Start Earning Rewards?

Visit the **Personify Health** platform today to explore activities that work for you and begin building healthier habits— one step at a time.

Get started: join.personifyhealth.com/benesch