

Find Your Fit!

Wherever you are on your wellness journey, there's a path to suit your lifestyle and wellness goals in Personify Health.

Reach 10,000 points to earn the full firm-provided HSA contribution.

Fitness-Focused

Reach 10,000 points through exercise.

- ▶ **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!)

Preventive Care Champion

Reach 10,000 points through steps and preventive care.

- ▶ **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 one age- and gender-appropriate cancer screening:** 2,000 points
- ▶ **Complete the health check survey:** 500 points
- ▶ **Complete flu shot:** 500 points

Wellness Learner

Reach 10,000 points by learning about healthy habits.

- ▶ **Complete five wellness coaching sessions:** 10,000 points (Level 1 & Level 2 Achieved!)
- OR
- ▶ **Choose your eating type:** 250 points
- ▶ **Complete 20 Wellbeats classes:** 2,000 points
- ▶ **Complete 10 Benesch benefits/wellness webinars:** 1,000 points
- ▶ **Complete five journeys:** 750 points
- ▶ **Complete daily tip cards 3x per week:** 5,000 points (Level 2 Achieved!)

Healthy Lifestyle

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

- ▶ **Track sleep nightly for three months:** 2,700 points
- ▶ **Track healthy habits for three months:** 1,500 points
- ▶ **Complete two health coaching sessions:** 4,000 points
- ▶ **Track weight for two quarters:** 1,000 points
- ▶ **Complete flu shot and annual physical:** 1,000 points