

Wellness Program FAQ 2025–2026

Program Basics

What is the plan year for the Wellness Program? When do I need to reach my points goal?

The plan year for the Wellness Program runs from October 1st, 2025 – September 30th, 2026. In order to receive the discounted medical premiums for 2027, employees/ partners will need to hit their points goal by September 30th, 2026.

I do not have medical insurance through Cheyenne Regional. Can I still participate in the Wellness Program?

Yes. Even if you are not enrolled in Cheyenne Regional's Medical Plan, employees are still strongly encouraged to participate in the Wellness Program and will accumulate points to earn Rewards Cash that can be redeemed for goods or gift cards.

I added my spouse to my Benefits during open enrollment this year. When can my Spouse sign up for the Wellness Program?

Spouses added to Cheyenne Regional's medical plans during Open Enrollment will be able to create an account in Personify Health come January 1st, 2026.

Participation & Eligibility

My spouse and children are on my medical plan, do they also need to participate in the Wellness Program?

If your spouse/ Domestic Partner is a dependent on your Medical Plan, they too, must participate in the Wellness Program. Children on your Medical Plan do not need to participate.

I do not think I (or my Partner) can participate in the Wellness Program. What do I do?

Members can reach out to Member Services and request a Reasonable Alternative (RA), long term or short term RA. Read more about the RA on the Employee Benefits and Wellness Page > Wellness Section > Contact Personify Health > Reasonable Alternatives Process.

Earning Points

I am worried about hitting my points goal for the plan year. How do I do this?

Q: I'm concerned about reaching my points goal. What should I do?

A: Start by completing your Wellness Roadmap. This will show you that only a few key activities are needed each year to meet your goal—no need to log in daily.

Prefer daily tracking? Set a reminder to log into the Personify Health Platform and complete your daily cards. Don't forget to complete the Health Check Survey for 3,000 points:

Health Tab > Surveys > Health Check Survey

I have reached my points goal for the plan year. What is the incentive to keep tracking?

You will earn Rewards Cash for tracking of your points. Rewards Cash can be used to Shop the Personify Health Store, Redeem for a Gift Card, or Donated to a Charitable cause!

How do I connect my activity device?

Connect first activity device: 200 points (Log in > More > Devices & Apps > Find your device and select "Connect").

How do I get points for completing my preventive screenings:

Click on "Rewards" on the home page.

Scroll down to the "Custom" section.

Click on the Screening you are going to complete.

Click "Download"

Once completed and signed off by a physician, follow the same steps to return to this page and select "Upload Form"

Points will automatically be added to your account. No voucher will be sent.

How do I get points for completing my Flu Shot?

Q: How do I earn points for getting a flu shot?

A:

- Sept 23 – Oct 15: 1,500 points

- Oct 16 – Oct 25: 750 points

Points are automatically uploaded to accounts by the week of Nov 3.

If you're a remote employee, spouse, or hired after Oct 25, email Kylie.Haag@crmcwy.org with:

- Name (yours or spouse's)

- Date & location of flu shot

- Preferred email for voucher code

How do I get points for completing Blood Donations?

You can earn 750 points for completing a Blood Donation up to 4 times a year (3,000 points earning potential annually!) Blood Donations are self-attestation. From the home page, select “Rewards” > Scroll down to “Participation” > click on “Blood Donation” and enter the requested information.

How do I get points for completing the Verified Biometric Screening form in Personify Health?

This form will require you to receive a blood draw. It is our recommendation that you complete a blood draw and then schedule a wellness exam with your PCP. Before attending your exam, print off your Preventive Screen form (for the wellness exam) and the Verified Biometric Screening form (your PCP will fill out this form with the results of your blood draw.)

How do I get points for completing my Blood Draw?

You will not receive points for completing a Blood Draw. Employees can receive a free Blood Draw on Tuesday, October 14th from 6:30am - 9:30am & 4:30p-7:30pm in Auditoriums A&B. Please come with your MyChart Account set up and a Primary Care Provider name and contact information where we can send your results. Employees must have their badges ready and accessible. Fasting is encouraged but not required. When discussing results with your PCP, bring your NEW Verified Biometric Screening form from the Personify Health App and have your provider fill in the information. Upload the form to earn 4,000 wellness points. The blood draws are free for the first 571 employees. Unfortunately, we cannot open this event to spouses at this time.

How do I sign up for “Commit to Quit”?

Commit to Quit is a nicotine cessation program hosted by Cheyenne Regional. Employees/ Spouses can visit Cheyenneregional.org > Scroll all the way down to the Blue Section of the page and click on Patients & Visitors > Classes, Events, and Support Groups > Commit to Quit. Sign up here and have a voucher emailed to you worth 4,000 points upon the completion of the program.

Rewards & Premiums

Q: Why does the app say I need 50,000 points when I thought 30,000 was enough?

A: Great question!

- 30,000 points = Level 3 = 100% Premium Discount + \$20 in Rewards Cash

- 50,000 points = Maximum points you can earn in the plan year

To view your levels:

Home > Rewards > View Levels & Incentives

Q: Why does the app say I need 25,000 points when I thought 8,000 was enough?

A: Great question!

- 8,000 points = Level 3 = 100% Premium Discount + \$20 in Rewards Cash

- 25,000 points = Maximum points you can earn in the plan year

To view your levels:

Home > Rewards > View Levels & Incentives