

# We've got you covered

Personify Health can help you earn rewards and work toward reaching your goals.

## GOAL General wellbeing

**"I'm focused on general wellbeing. I want to increase my energy to keep up with my busy lifestyle. It's hard for me to be active."**

Activities	Monthly points earned
<b>Daily Cards</b>	
Complete 2 Daily Cards, every day for a month	800
★ Complete 20 Daily Cards in a month	200
<b>Healthy Habits</b>	
Track 3 Healthy Habits, everyday for a month	900
★ Track Healthy Habits, 20 days in a month	300
<b>Coaching &amp; Journeys®</b>	
Complete a Journeys step, 20 days in a month	400
Complete 1 Journey	150
<b>General</b>	
Complete 4 video or audio experiences from your library	200
<b>Sleep</b>	
Track sleep nightly, 20 days/month	400
Sleep >7 hours in a night, 20 nights/month	1,000
★ Track sleep 20 days each month	200
★ Sleep >7 hours, 20 nights/month	500

**Monthly Total: 5,050**

 **Bonus Points!** Earn extra points for healthy things you do every day!

Looking for more points? Make sure you do your preventive care forms and check out the nutrition/sleep modules! Each preventive care exam is 4,000 points. Track daily and monthly for your sleep and nutrition.



Cheyenne Regional  
Medical Center

 **personify**  
HEALTH