

# We've got you covered

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

Earn up to 6,000 points your first month for these activities!

## GOAL Getting started

**"I haven't started my wellbeing program or registered yet. How will I catch up?"**

Activities	Points you can earn your first month
<b>Get started</b>	
Complete registration	100
First login to mobile app	250
Connect first activity device	200
Set a wellbeing goal	200
Set your interests	100
Complete the Health Check	3,000
Complete the Nicotine-Free Agreement	100
Invite 5 colleagues to join	250
<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 every day for a month	600
First time tracking Healthy Habits, 5 days/month	100
● Track Healthy Habits, 20 days in a month	300
<b>Activity</b>	
Take 7,000 steps/day, 20 days in a month	1,400
20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
<b>First Month Total: 6,000</b>	

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

