

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
Get started	
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
Daily Cards	
Complete 2 Daily Cards every day for a month	800
★ Complete 20 Daily Cards in a month	200
Healthy Habits	
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
Activity	
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
First Month Total: 6,000	

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



Cheyenne Regional
Medical Center

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HEALTH