

# We've got you covered

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

## GOAL Physical activity

"I'm focused on physical activity, but I also care about my overall wellbeing."

Activities	Monthly points earned
<b>Daily Cards</b>	
Complete 2 Daily Cards every day for a month	1,200
★ Complete 20 Daily Cards in a month	200
<b>Healthy Habits</b>	
Track 3 Healthy Habits every day for a month	900
★ 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>Challenges</b>	
Create a personal challenge each month	50
<b>Sleep</b>	
Track sleep nightly every day for 10 days	200
Sleep >7 hours in a night for 10 nights	500
★ Track sleep 10 days each month	100
<b>Monthly Total: 5,250</b>	

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



Cheyenne Regional  
Medical Center

~personify<sup>™</sup>  
HEALTH