



Earn rewards
throughout the
year!

Participation details

Earn Rewards Cash and HSA rewards by engaging with the program daily. It’s easy to earn by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you’ll earn. Total possible earnings include up to \$400 in HSA contributions and \$400 in Rewards Cash! To ensure you receive all the rewards you earn, you MUST complete your annual physical exam by November 30 of each year.

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	SECRET LEVEL 5
Points	2,000	6,000	10,000	15,000	20,000
Rewards Cash	\$25	\$25	\$25	\$25	-
HSA Contribution*	-	-	\$100	-	-
Drawing Entries**	-	-	-	-	1 drawing entry

*The quarterly earned HSA contribution will be deposited in January 2026.
**25 drawing winners will be awarded \$25 in Rewards Cash each quarter.

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Calorie tracking via MyFitnessPal	20
Monthly	★ Achieve the promoted Healthy Habit challenge for 5 out of 7 days	200
	★ Track calories 10 days in a month	200
	★ Sleep > 7 hours 20 days in a month	300
Quarterly	Join the company challenge	200
	Choose your sleep profile	250

Employees must complete their annual physical exam by **November 30, 2025**, to qualify for all rewards.

Complete your annual physical exam

Go to the **Rewards** page, download the Physical Exam form and have your doctor complete and sign the form at your annual physical exam. Upload your completed form directly to your Personify Health account. To upload your form, sign in to your Personify Health account and select the **Support** icon, then **Visit our FAQ page**. At the top of the page, select **Send a Form** and choose **Submit a Form** from the drop-down menu. You can also fax your completed form to 508-302-0055.

Earning rewards is easy

Track activity: The easiest way to rack up points is by connecting a device to sync your steps or activity every day. Select the **More** tab and then go to **Devices & Apps** and choose your device. Earn up to **140 points** a day.

Daily Cards: Earn **40 points** per day for reading your cards.

Healthy Habits: Choose which habits you want to start tracking and earn **30 points** each day for completing.

Journeys: Find a Journey you would like to learn more about and begin tracking. You can earn **15 points** per day.



Earn bonus points!

Signing in and completing activities daily really pays off.
Look for activities with a star. Engaging in these activities multiple times in a month earns you extra points.

Who's eligible?

All employees are eligible to participate in the wellbeing program and earn rewards.



Get started at app.personifyhealth.com.
Not a member yet? Sign up today at join.personifyhealth.com/sulzer
or scan the code to download the app.