

Live Your
Healthiest Life

City of Hope

Employee Wellness Program

Who can participate? All employees are invited to join.

How to join:

- Go to join.personifyhealth.com/CityofHope.
- Accept the terms and conditions.
- Download the Personify Health mobile app from the App Store or Google Play.



Earn incentives with the Employee Wellness Program for understanding your health status, managing health risks and taking an active role in your personal wellness.

Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Wellness Perks*

Earn \$350 in Rewards Cash in 2025. Complete wellness activities to earn points.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	Total perks per year
Points	5,000	15,000	30,000	50,000	75,000	
Rewards Cash	\$25	\$50	\$75	\$75	\$125	\$350 in Rewards Cash

Ways to earn Wellness Perks: For a full list of ways to earn, go to **Rewards > How to Earn**.

	Do healthy things:	Earn points:
Getting started	Log in to the mobile app (first time).	500
	Upload steps from your activity tracker (per 1,000 steps).	10
	Do your Daily Cards (two per day).	20
Daily	Track your Healthy Habits (three per day).	5
	Track sleep nightly.	20
	Sleep > seven hours in a night.	50
	Complete a RethinkCare session.	20
	Win the promoted Healthy Habit challenge.	500
Monthly	Complete 20 Daily Cards in a month.	200
	Track Healthy Habits 20 days in a month.	200
	Take 10,000 steps, track 30 active minutes or 30 workout minutes for 20 days in a month.	5,000
	Join an organizational challenge.	500
	Complete a coaching appointment.	500
Quarterly	Complete a Journey® (1x per quarter).	250
Yearly	Set a well-being goal.	100
	Invite a colleague to join.	50
	Complete a Next-Steps Consult® appointment.	500

Personalize your experience

Go to the **More** tab to connect your activity tracker or another well-being app. Set your topics of interest to focus in on what matters to you most. Go to **Healthy Habits** to decide which habits to practice daily and build a healthy routine over time.

Complete the Health Check survey

The Health Check survey asks questions about your current health status and lifestyle habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your health and well-being. Find the survey under the **Health** tab.

Coaching

Try personal coaching for one-on-one support, practical guidance and answers to your questions. Connect with a coach to set goals, overcome obstacles and get constructive advice. Go to the **Health** tab and choose **Coaching** to learn more.

Wellness Perks – Rewards Cash*

Earn up to \$350 in Rewards Cash per year by participating in wellness activities, such as tracking activity, receiving your flu shot, attending wellness courses online and more. Redeem your Rewards Cash for gift cards, or shop the Personify Health Store for fitness accessories and other great merchandise. Rewards Cash is yours to accumulate and redeem when you're ready, and it doesn't expire.

For a full list of ways to earn, go to **Rewards > How to Earn**.

*Per federal guidelines, perks are taxable and are subject to employment taxes in the year in which they are redeemed.

Additional activities

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys®: Try this digital coaching program to make simple changes to improve your health, one step at a time.

Challenges: Team up with others to create new habits with some healthy competition.

Nutrition Guide: Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide: What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Have questions? We're here to help.

- Check out **support.personifyhealth.com**
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: **support@personifyhealth.com**