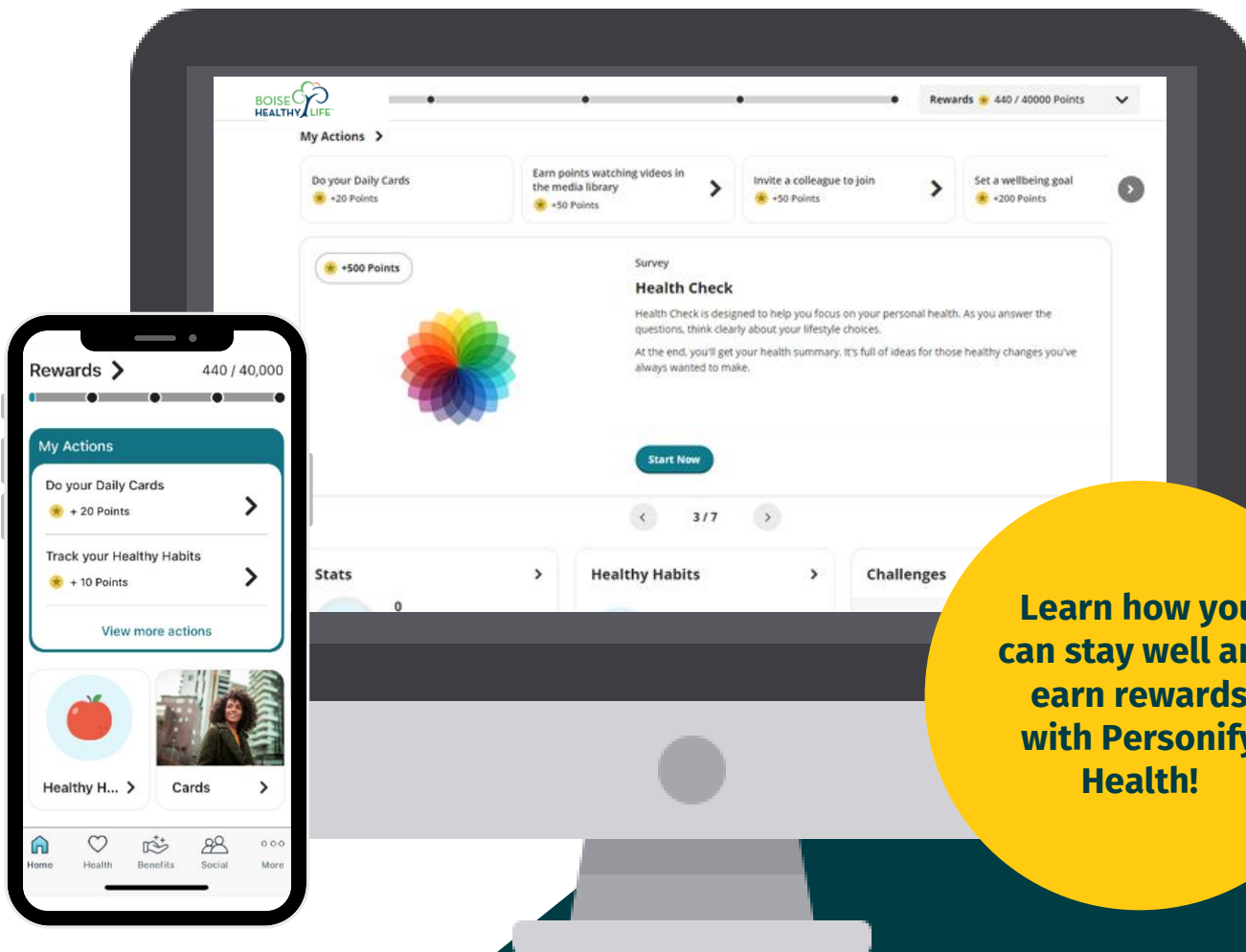


IT'S YOUR TIME TO THRIVE.

The Personify Health wellbeing program gives you the tools to get active, get healthy, and get rewarded.



Learn how you
can stay well and
earn rewards
with Personify
Health!

How to get started:

- ➔ Register for your Personify account at join.personifyhealth.com/boisehealthylife
- ➔ **Download the Personify mobile app** for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Go, Fitbit, Apple Health, S Health, etc.)
- ➔ **Upload a profile picture and add friends.**
- ➔ **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

Your Rewards

It's easy to earn points by making healthy decisions. You'll have the opportunity to earn 3 different types of rewards this year by participating in the program, earning points, and achieving levels! Here is how your points will translate into rewards:



**Earn up to \$400 Rewards Cash per year!
\$100 per Quarter!**

	Level 1	Level 2	Level 3	Level 4
POINTS	500	4,000	8,000	15,000
REWARDS	\$15 Rewards Cash	\$20 Rewards Cash	\$30 Rewards Cash	\$35 Rewards Cash

How to Earn Points

go to your Reward page to see all of the ways to earn points

Activity

Upload steps from your activity tracker (Max Go, Fitbit, Apple Health, S Health, Google Fit, etc.)

DAILY	Per 1,000 steps	10 Points
(up to 140 Points/day)	15 or more active minutes	70 Points
	30 or more active minutes	100 Point
	45 or more active minutes	140 Points
MONTHLY	20-Day Triple Tracker (moderate activity)	400 Points
	20-Day Triple Tracker (high activity)	500 Points

Sleep

DAILY	Track sleep manually	10 Points
	Track sleep nightly via a device	20 Points
	Sleep > 7 hours in a night	50 Points

Self Tracking

DAILY	Track your healthy habits (up to 30 Points/Day)	10 Points
MONTHLY	Track healthy habits 10 days in a month	200 Points
	Track healthy habits 20 days in a month	300 Points

Cards

DAILY	Complete daily tip card (2/day)	20 Points
MONTHLY	Complete 10 daily cards in a month	100 Points
	Complete 20 daily cards in a month	200 Points

Challenges

MONTHLY	Create a personal challenge	50 Points
	Join a personal challenge	100 Points
	Join the Company Challenge	100 Points

Journeys

DAILY	Complete a step	15 Points
QUARTERLY	Complete a Journey	250 Points

More!

ONE-TIME	Complete registration	100 Points
	Add a profile picture	100 Points
	Connect activity device	200 Points
	First 5 friends	250 Points
	First login to mobile app	250 Points
YEARLY	Complete the Health Check Survey	500 Points
	Complete Tobacco Requirement	250 Points
	Set wellbeing goal	200 Points
QUARTERLY	Set interest	100 Points



Sign up now at join.personifyhealth.com/COMPANY
Already a member? Login at app.personifyhealth.com
Questions? Contact Member Services at 888-671-9395

~personify™
HEALTH

BOISE HEALTHY LIFE™