



# Join WellStyles Today!

**Earn up to \$200 while improving your health and wellness!**

WellStyles is your personalized health and wellness program that's designed to meet you where you're at in your health journey. Our members spend an average of 50 hours per week at work, and we're here to help you carve out time for yourself. Because optimal health is for everyone. The WellStyles program runs from July 1 - June 30. Those on the HDHP, earn a \$200 HSA contribution *after* completing Level 4 and those on the PPO, earn up to a \$200 gift card!

## What you can earn:

|             | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4                           | SECRET LEVEL 5                                                                        |
|-------------|---------|---------|---------|-----------------------------------|---------------------------------------------------------------------------------------|
| Points      | 5,000   | 15,000  | 35,000  | 60,000                            | Unlock to reveal                                                                      |
| PPO Rewards | \$20    | \$80    | \$120   | \$200                             |   |
| HSA Rewards | ---     | ---     | ---     | \$200 contribution to HSA account |  |

## How to get started:

- 1 Sign up for your account by going to [www.join.personifyhealth.com/wellstyles](http://www.join.personifyhealth.com/wellstyles)
- 2 Sign up with your information as it appears with your employer
- 3 Download the Personify Health mobile app for iOS or Android. Access your account and track your activity anywhere, anytime.



*Please note: If you create an account through the app, you will need to enter the sponsor name.*

**Sponsor Name: WellStyles**

## Who is this for?

All employees at Washington Elementary are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

## Questions?

If you need assistance, please contact the WellStyles team at [info@wellstyles.org](mailto:info@wellstyles.org).



# A quick guide to success:

For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "My Earnings" for a full list.

| Activity                                                                                                                                                               | Monthly Points Earned | Activity                                                                                                                                                                                                                                        | Yearly Points Earned |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <b>Do one Daily Card = 20 points</b>                                                                                                                                   |                       | <b>Health Assessment</b>                                                                                                                                                                                                                        | 2,500                |
| Complete 2 Daily Cards, 5 days a week                                                                                                                                  | 200                   | Find the Health Assessment by clicking on Rewards and scrolling down to the Survey section and click on Health Assessment.                                                                                                                      |                      |
| Bonus: Complete 10 Daily Cards in a month                                                                                                                              | 100                   |                                                                                                                                                                                                                                                 |                      |
| Bonus: Complete 20 Daily Cards in a month                                                                                                                              | 200                   |                                                                                                                                                                                                                                                 |                      |
| <b>Do one Healthy Habit = 10 points</b>                                                                                                                                |                       | <b>Preventative Care</b>                                                                                                                                                                                                                        |                      |
| Track Healthy Habits, 3x a day for 5 days a week                                                                                                                       | 150                   | Dental Exam x2                                                                                                                                                                                                                                  | 5,000                |
| Bonus: Track Healthy Habits 10 days in a month                                                                                                                         | 200                   | Vision Exam                                                                                                                                                                                                                                     | 2,500                |
| Bonus: Track Healthy Habits 20 days in a month                                                                                                                         | 300                   | Preventative Vaccine x2                                                                                                                                                                                                                         | 5,000                |
|                                                                                                                                                                        |                       | Cancer Screening x3                                                                                                                                                                                                                             | 15,000               |
|                                                                                                                                                                        |                       | Wellness Exam                                                                                                                                                                                                                                   | 20,000               |
| <b>Take 7,000 steps in a day = 70 points</b>                                                                                                                           |                       | <i>Note: Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam/screening. For example, a doctor's note or your explanation of benefits from your medical insurance provider.</i> |                      |
| Take 7,000 steps a day for 5 days a week                                                                                                                               | 400                   |                                                                                                                                                                                                                                                 |                      |
| 20-Day TT: 7,000 steps/15 active min/15 workout min                                                                                                                    | 400                   |                                                                                                                                                                                                                                                 |                      |
| 20-Day TT: 10,000 steps/30 active min/30 workout min                                                                                                                   | 500                   |                                                                                                                                                                                                                                                 |                      |
| <b>Track Sleep Manually per night = 10 points</b>                                                                                                                      |                       | <b>Additional</b>                                                                                                                                                                                                                               |                      |
| Track Sleep Manually 5 days a week                                                                                                                                     | 50                    | WellStyles Annual Survey                                                                                                                                                                                                                        | 1,000                |
| Bonus: Track Sleep 10 days in a month                                                                                                                                  | 100                   | Winter Step Challenge                                                                                                                                                                                                                           | 2,000                |
| Bonus: Track Sleep 20 days in a month                                                                                                                                  | 200                   | Spring Step Challenge                                                                                                                                                                                                                           | 2,000                |
| Bonus: Sleep > 7 hours 20 days in a month                                                                                                                              | 500                   | Additional WellStyles Events x2                                                                                                                                                                                                                 | 600                  |
| <b>Healthy Habit Challenge = 200 points</b>                                                                                                                            |                       | <b>TOTAL YEARLY POINTS</b>                                                                                                                                                                                                                      | <b>up to 55,600</b>  |
| Create a Personal Challenge                                                                                                                                            | 50                    |                                                                                                                                                                                                                                                 |                      |
| <b>Monthly Virtual WellStyles Events</b>                                                                                                                               |                       |                                                                                                                                                                                                                                                 |                      |
| Wellness Window x9                                                                                                                                                     | 350                   |                                                                                                                                                                                                                                                 |                      |
| Healthy Habit Coaching Call x9                                                                                                                                         | 350                   |                                                                                                                                                                                                                                                 |                      |
| WellStyles Event points are awarded by Voucher Codes. These 10-digit codes can be applied to your account by clicking on Rewards then by clicking on Redeem a Voucher. |                       |                                                                                                                                                                                                                                                 |                      |
| <b>TOTAL MONTHLY POINTS</b>                                                                                                                                            |                       | <b>up to 7,350</b>                                                                                                                                                                                                                              |                      |



## Have questions about the platform?

View our WellStyles Tech-Tip page that has short and sweet tech tip videos designed to help you navigate the WellStyles platform and achieve your health and wellness goals with ease.

