

Join WellStyles Today!

Enter for a chance to win up to \$100 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. The more points you earn, the more chances you have to earn a \$100 or \$50 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

How to get started:



Sign up for your account by going to join.personifyhealth.com/wellstyles



Sign up with your information as it appears with your employer



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?

Everyone enrolled in the health plan is 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.



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
Do one Daily Card = 20 points		Health Assessment 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		
Do one Healthy Habit = 10 points		Preventative Care	
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
Take 7,000 steps in a day = 70 points		<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	Additional	
20-Day TT: 7,000 steps/15 active min/15 workout min	400	WellStyles Annual Survey	1,000
20-Day TT: 10,000 steps/30 active min/30 workout min	500	Winter Step Challenge	2,000
		Spring Step Challenge	2,000
		Additional WellStyles Event	500
		8 Hinge Health Sessions	2,000
Track Sleep Manually per night = 10 points			
Track Sleep Manually 5 days a week	50		
Bonus: Track Sleep 10 days in a month	100		
Bonus: Track Sleep 20 days in a month	200		
Bonus: Sleep > 7 hours 20 days in a month	500		
Healthy Habit Challenges			
Create a Personal Challenge	50		
Health Habit Challenge	200		
Virtual Events			
Virtual events	300		

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.



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.

