WASHINGTON ELEMENTARY SCHOOL DISTRICT

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	$60	$60	$60	🔒
Totals	($20)	($80)	($140)	($200)	
HSA Reward	--	--	--	$200 contribution to HSA account	🔒

How to get started:

1. **Sign up** for your account by going to **join.personifyhealth.com/wellstyles**
2. **Sign up** with your information as it appears with your employer
3. **Download the Personify Health 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 **benefited** employees are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!
*Substitute and Temporary employees are not eligible

Questions?

If you need assistance, please contact the WellStyles team at info@wellstyles.org.

For password reset or device connection support, please contact Personify Health at support@personifyhealth.com or 1-888-671-9395.

wellstyles

Turn over to learn more!

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
Do one Daily Card = 20 points	
Complete 2 Daily Cards, 5 days a week	200
Bonus: Complete 10 Daily Cards in a month	100
Bonus: Complete 20 Daily Cards in a month	200
Do one Healthy Habit = 10 points	
Track Healthy Habits, 3x a day for 5 days a week	150
Bonus: Track Healthy Habits 10 days in a month	200
Bonus: Track Healthy Habits 20 days in a month	300
Take 7,000 steps in a day = 70 points	
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
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 Challenge = 200 points	
Create a Personal Challenge	50
Monthly Virtual WellStyles Events	
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.

Activity	Yearly Points Earned
Health Assessment	2,500

Find the Health Assessment by clicking on Rewards and scrolling down to the Survey section and click on Health Assessment.

Preventative Care	
Dental Exam x2	5,000
Vision Exam	2,500
Preventative Vaccine x2	5,000
Cancer Screening x3	15,000
Wellness Exam	20,000

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.

Additional	
WellStyles Annual Survey	1,000
Winter Step Challenge	2,000
Spring Step Challenge	2,000
Additional WellStyles Events x2	600

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.