



**NEW Wellness  
Benefits are  
Available!**

**More  
Information  
Here**

## WESTERNU EMPLOYEE WELLNESS PROGRAM

# Build a better you

## What's in it for you?

- Mobile app and web platform
- No-cost, confidential, health coaching
- Self-guided digital health coaching topics
- Tailored nutrition guides
- Personalized sleep guides
- Healthy habits to track for accountability
- Create challenges with colleagues
- Media content addressing a variety of health topics
- Opportunities to earn rewards!

## Who's eligible?

Employees that are the main subscriber enrolled in the medical plan are eligible to participate and earn rewards. You can also invite your household members to use the platform, but household members are not eligible to earn rewards.

## Rewards

It's easy to earn rewards by making healthy decisions. When you reach Platinum Level in the Personify Health program during the 2025/26 benefit plan year (by February 28, 2026) you will earn a \$350 lower medical plan premium during the 2026/27 benefit plan year.



**Western  
University**  
OF HEALTH SCIENCES

**Join  
Today!**

**~personify™**  
HEALTH



- Step 1** Sign up for your **Personify Health** account by going to [join.personifyhealth.com/riskreduction](https://join.personifyhealth.com/riskreduction). Already a member? Click 'Sign In'.
- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3** **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max GO, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
- Step 4** **Upload a profile picture** and add some friends.
- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6** **Download the Personify Health mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

**Get Started  
Today!**



# Rewards

Engage in 2025/26, get rewarded in 2026/27:

	BRONZE	SILVER	GOLD	PLATINUM	2026/27 Medical Premium Discount
Points	10,000	30,000	45,000	60,000	
Rewards	Great Start!	Keep It Up!	Keep Going!	You Did It!	\$350

Earn a \$350 Savings on your 2026/27 Medical Plan Premiums!

## Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
<b>Getting started</b>	Complete registration	500
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check	1,000
	Set a wellbeing goal	200
<b>Daily</b>	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
<b>Monthly</b>	Win the promoted Healthy Habit challenge	200
	★ Track Healthy Habits 20 days in a month	300
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
<b>Yearly</b>	Set a wellbeing goal	200
<b>Coaching</b>	Complete a coaching session	150
	Attend a Wellness Learning event (1x per year)	250
<b>Participation</b>	Attend a Community Wellness event (1x per year)	250
	Complete a tobacco cessation attestation (1x per year)	500



**Earn bonus points!**

**Signing in and completing activities daily really pays off.** Look for activities with a star. Engaging in these activities multiple times in a month earns you extra points.

# Engage in activities that fit your interests:

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

## Challenges

Rally your coworkers for the latest step challenge! Or gather a small group of coworkers or friends and challenge one another to start a new healthy habit.

## Coaching

Talk to a coach to set goals and get one-on-one support, expert guidance and answers to your questions.

## Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

## Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

## My Care Checklist

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

## Nutrition Guide and Sleep Guide

Get tips and recipes to help you achieve your goals with the **Nutrition Guide** and learn how you can improve your sleep and rest better with the **Sleep Guide**.

## Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

## Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

**Have questions? Personify Health is here to help.**

- Check out [support.personifyhealth.com](https://support.personifyhealth.com)  
Live chat: Sunday–Friday, 11pm–6 pm PT
- Give us a call: 888-671-9395  
Monday–Friday, 5 am–6 pm PT
- Send us an email:  
[support@personifyhealth.com](mailto:support@personifyhealth.com)

**You can also reach out to your WesternU Wellness Champion, Crystal Rivera, at [crivera@westernu.edu](mailto:crivera@westernu.edu)**

# Commonly asked questions:

As our employees continue to learn about the details and benefits of the Personify Health platform, we'd like to address some commonly asked questions about this wellness benefit:

## **1. Which WesternU employees are eligible for the Personify Health program and rewards?**

Employees that are the main subscriber on the WesternU medical plan are eligible for the Personify Health program and rewards. You must be the main subscriber on the medical plan. If you are only enrolled in the dental and vision plans, you are not eligible. Employees that are the main subscriber on the WesternU medical plan must earn Platinum Level by February 28, 2026, to earn the \$350 annual discount on the 2026/27 medical plan.

## **2. If I am a WesternU employee but my spouse is the main subscriber on the medical plan, how does that affect my access to Personify Health and the rewards?**

Since your spouse is the one eligible for the full Personify Health program and rewards, they must meet the Platinum Level by February 28, 2026, so that you can get the discounted medical plan rates for 2026/27 for your family. Encourage them to join and engage! As the main subscriber, they can invite you to join as Family/Friends. You would have access to a limited number of features within the program, and can connect through Challenges, Groups, and Healthy Habit Tracking. As a Family/Friend member, you cannot share points or make progress for your spouse that is the main subscriber. They would need to reach Platinum Level within their own Personify Health account.

## **3. If I am not able to access the Personify Health program based on the eligibility requirements in #1, how can I be invited as a Family/Friend?**

You can ask a colleague to invite you! Each eligible member can invite up to 10 Family/Friends. As a Family/Friend, you have access to create and join personal challenges, compare stats, track Healthy Habits and more. Family/Friends do not have access to rewards or health coaching.

## **4. If I reach Platinum Level during 2025/26, can I receive the \$350 reward in a different way, or only through the medical plan?**

As a main subscriber on the medical plan, the only way to earn wellness rewards currently is to reach the Platinum Level by February 28, 2026, to receive a \$350 discount on your 2026/27 medical plan premiums. This reward is not taxed and is a great incentive to work toward your health! There may be additional reward options available in the future, but we hope you take advantage of this great opportunity to save money on your medical plan premiums.

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## Commonly asked questions (continued):

### **5. Will the \$350 annual premium discount increase if premiums go up each year?**

The level of wellness rewards related to the annual premium discount will be assessed each year to determine if increases are warranted.

### **6. Do I have to track everything on the Personify Health mobile app?**

The Personify Health app and rewards is designed to keep you engaged daily in your journey to better health. The more you track, the closer you get to reaching the Platinum Level and earning a \$350 discount on your medical plan premiums. You choose your journey and there are many features available to support how you reach the Platinum Level goal. If you don't want to track regularly, you can work with a live health coach to earn points. You can set up an activity tracking device so that your device automatically tracks engagement for you. There are also high point value opportunities, such as completing a biometric screening form with your doctor for 1,000 points. We encourage you to browse the 'Rewards' page for the many options available to reach your goals. If you need ideas on how to reach Platinum Level based on your comfort with technology, you can reach out to Crystal Rivera, your Wellness Champion, at [crivera@westernu.edu](mailto:crivera@westernu.edu) for support and ideas.

### **7. If my tracker was not working during my workout, or I don't have a tracker, how can I get credit for different types of workouts?**

If your tracker was not working during your workout or you do not have a device, you can manually track a wide variety of workouts. When you are logged into Personify Health, go to 'Stats', then go to 'Workouts' and click 'Track'. A 'Track Workout' box will pop up and you can select the date of your workout, the type of activity, and how many minutes you did the workout. The platform will then translate your workout into steps and points. There are a wide variety of workouts that can be tracked from pickleball, to yoga, to gardening, housework, skiing, and more!

### **8. Who can I contact if I'm having issues with the Personify Health app?**

Personify Health has many ways that you can contact them for support. Technical support can be found within the app in the top right with the 'Support' button. You can send them an email at [support@personifyhealth.com](mailto:support@personifyhealth.com). You can engage in the chat feature, Sundays 11:00pm through Fridays at 6pm PT. You can call them Monday through Friday from 5:00am until 6:00pm. You can also reach out to your WesternU Wellness Champion, Crystal Rivera, at [crivera@westernu.edu](mailto:crivera@westernu.edu).