



**Earn up to
\$300
per year!**

THE NFP WELL-BEING PROGRAM

Build a better you

The NFP well-being program helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

Who can participate?

Employees are invited to join.

How to join

- Go to join.personifyhealth.com/nfp
- Accept the terms and conditions
- Download the Personify Health app from the App Store or Google Play



Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Personify Health app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Personalize your experience

Go to the **More** tab and discover the many ways you can customize your well-being program. Connect your activity tracker or another well-being app and set your topics of interest to make your experience focus in on what matters to you most.

Complete the Health Check

The Health Check asks questions about your current health status and well-being habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your well-being. You'll find the survey under the **Health** tab.

Diet ID:

With Diet ID, you can ditch dieting and focus on the quality of your meals instead of the quantity you eat. Take a quick, image-based quiz to find out how healthy your diet is, get a personalized nutrition plan and work on daily micro challenges designed to help you build lifelong healthy habits, one bite at a time.

Lifestyle Coaching:

Whether you want to improve your nutrition, deepen your sleep, explore your purpose, boost your physical activity, or make progress in an area specific to your life—we've got the experts to help you take your wellness in the direction you want.

NFP offers a ton of well-being benefits to support your physical, mental and financial health. Get more information on your [Benefits](#) page today.

Rewards

You can earn up to \$75 in rewards each quarter for participating in activities. Then redeem your Rewards Cash for gift cards or a charitable donation, or spend it in the online store on fitness accessories and more. Your Rewards Cash is yours to accumulate and redeem when you're ready, and it doesn't expire.

For a full list of ways to earn, go to [Rewards > How to Earn](#).

Quarterly earning opportunities

	Points	Rewards
LEVEL 1	500	\$10
LEVEL 2	5,000	\$15
LEVEL 3	12,000	\$20
LEVEL 4	18,000	\$30
Total rewards per quarter		\$75

	Ways to earn	Points
Daily	Take 7,000 steps in a day	70
	Do your Daily Cards	20/card
	Track your Healthy Habits	10/habit
Monthly	Win the promoted Healthy Habit challenge	200
	Take 7,000 steps (20 days during the month)	400
	Track calories 10 days in a month	200
	Complete or update the Diet ID assessment	100
Quarterly	Join the company challenge	100
	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Set a well-being goal	200
	Complete the Wellcents Assessment	500
	Complete the Health Check	1,000

For a full list of ways to earn, visit the [NFP Wellness Platform](#).

Additional activities

Prioritize and personalize your experience by engaging in resources to help improve your well-being:

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys®: Try this digital coaching program to make simple changes to improve your health, one 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 health checkups, all in one place.

Challenges: Team up with others to create new habits with some healthy competition.

Nutrition Guide: Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide: What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Coworkers, friends and family: Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

Recipes: Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Social Groups: Getting healthier and learning something new is easier with friends. Join a group (or start your own) to stay motivated, chat with others and achieve goals together.

Shoutouts: Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature found under the **Social** tab.

Healthy Habits: Explore bite-sized ways to build a healthy routine and improve your well-being. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits** to change up the habits you try over time.



Use your Rewards Cash:



Visit the store



Donate it



Get a gift card



Deposit to the bank
(no longer available)

Have questions? We're here to help.

- Check out support.personifyhealth.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@personifyhealth.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.personifyhealth.com and search Medical Exceptions.