

# Wellness Matters

HR News You Can Use



personify<sup>™</sup>  
HEALTH



## Join us on Personify Health for a Wellbeing Challenge



### Registration | [Register here!](#)

- Begins: March 2, 2026
- Ends: March 8, 2026
- Team total members: 5 members

### Challenge Dates

- Begins: March 9, 2026
- Ends: March 22, 2026
- \*Last day to record your actions performed between the challenge dates: March 24

## How It Works

- **Choose your activity**
  - Pick an activity that matters to you from 5 highlighted domains of wellbeing
    - Hydration
    - Nutrition
    - Social Connection
    - Mindfulness
    - Sleep
- **Set your goal and Join a Team**
  - You set your own goal, then work each day to achieve it, and create healthy habits
  - Helpful hint:
    - Maximizing the number of team members helps move you along the gameboard allowing you earn tokens and unlock new levels quicker
      - The maximum number of team members is 5
      - **Join an open team if possible**
        - **Search for open teams to join!** If you do not have a 5-member team prior to signing up, if you create a team, leave your team as "public" to allow other coworkers to find and join your group
        - If you have a 5-member team already, assign a leader who will create your team and mark it as "private" then send out invitations for other members to join
- **Track your activity and Earn tokens Daily**
  - Help your team get ahead by working on your personal goal and tracking your steps
  - Collect 5 tokens for completing your personal activity. In addition to tracking your personal goal, you can collect up to 5 more tokens for every 2,000 steps (up to 10k steps)
- **Earn rewards!!!**
  - Rewardable actions include joining the challenge, tracking your activity, and unlocking Challenge levels
    - **Unlock levels & learn-** Unlock educational content at each level as you progress along the gameboard
    - **Reminder: Total Rewards** points earned on **Personify Health** quarterly will be combined with reward points from **Safety Above All**

**New to Personify Health?** Use this web address to create an account/log in <https://join.personifyhealth.com/miltoncat> or use this QR code

