



Earn up to
\$250
per year!

Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn - up to \$250 in Rewards Cash in 2025.

What you can earn each annual game:

Complete Biometric Screening by December 15, 2025	\$50 Rewards Cash
---	-------------------

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	40,000	60,000	
Rewards	\$50	\$50	\$50	\$50	\$200

Rewards Cash annual max: \$250 Rewards Cash

Use your Rewards
Cash!



Visit the store



Donate it



Get a gift card



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:
Getting started	Complete registration	100
	Complete Biometric Screening	\$50 Rewards Cash
	Complete the Health Check	5,000
	WondrHealth Phases	500/250/250
	Disease Management Program	500
	Retirement Plan Contributions – 403 (b) Savings	500
Daily	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
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes	10
	Complete a step in Journeys®	40
	Win the promoted Healthy Habit challenge	200
Monthly	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Take validated measurements	250
	Join the company challenge	100
	Complete a video or audio experience from your library (4xmonthly)	100
	ChargerFit Onsite Event Participation	500
	ChargerFit Walks	500
	Choose your eating type	250
Quarterly	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	250
Yearly	Set a wellbeing goal	200
	Complete the Nicotine-Free Agreement	500
	Invite a colleague to join	50



Get started at app.personifyhealth.com.
Not a member yet? Sign up today at
join.personifyhealth.com/UAHChargerFit
or scan the code to download the app.

Who's eligible?

All regular, full-time faculty and staff are eligible to participate in the wellbeing program and earn rewards.