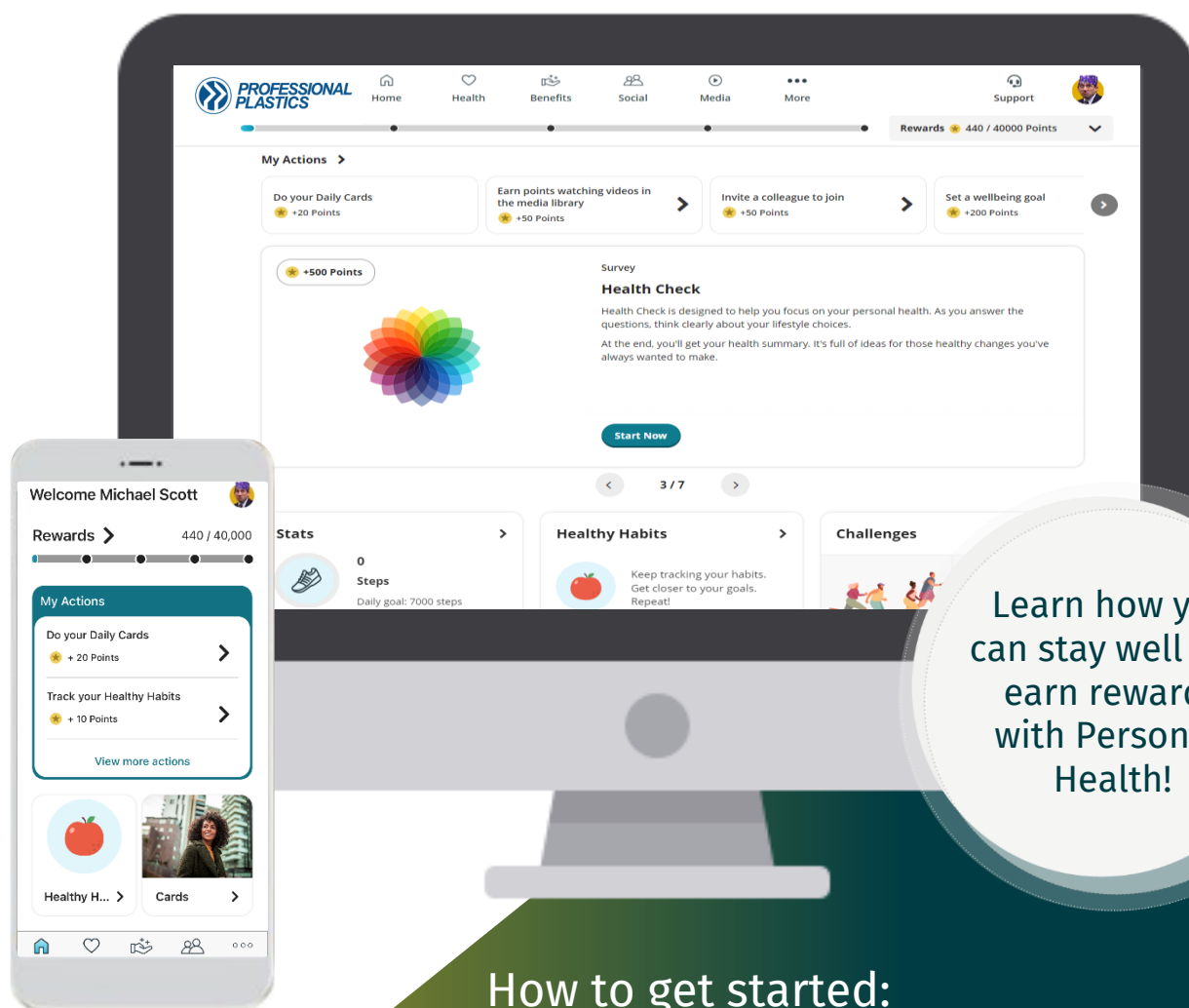


IT'S YOUR TIME TO THRIVE.

The Personify Health wellbeing program gives you the tools to get active, get healthy, and get rewarded.



Learn how you
can stay well and
earn rewards
with Personify
Health!

How to get started:

- ➔ Register for your Personify account at join.personifyhealth.com/professionalplastics and use unique passphrase **worthy-badger-21**
- ➔ **Download the Personify mobile app** for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Go, Fitbit, Apple Health, S Health, etc.)
- ➔ **Upload a profile picture and add friends.**
- ➔ **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

Your Rewards

It's easy to earn points by making healthy decisions. You'll have the opportunity to earn up to **\$37.50 each quarter** for up to **\$150 a year** by participating in the program, earning points, and achieving levels! Here is how your points will translate into rewards:



Earn up to \$150 a year in rewards cash!

	Level 1	Level 2	Level 3	Level 4
POINTS	500	4,000	8,000	15,000
REWARDS	Great Job!	\$10 Rewards Cash	\$12.50 Rewards Cash	\$15 Rewards Cash

How to Earn Points

go to your Reward page to see all of the ways to earn points

Activity

Upload steps from your activity tracker (Max Go, Fitbit, Apple Health, S Health, Google Fit, etc.)

DAILY
(up to 140 Points/day)

Per 1,000 steps
15 or more active minutes
30 or more active minutes
45 or more active minutes

10 Points
70 Points
100 Points
140 Points

MONTHLY

20-Day Triple Tracker (moderate activity)
20-Day Triple Tracker (high activity)

400 Points
500 Points

Nutrition & Sleep

DAILY

Calorie Tracking
Track sleep manually
Track sleep nightly via a device
Sleep > 7 hours in a night

20 Points
10 Points
20 Points
50 Points

Self Tracking

DAILY

Track your healthy habits (up to 30 Points/Day)

10 Points

MONTHLY

Track healthy habits 10 days in a month
Track healthy habits 20 days in a month

200 Points
300 Points

Cards

DAILY

Complete daily tip card (2/day)

20 Points

MONTHLY

Complete 10 daily cards in a month
Complete 20 daily cards in a month

100 Points
200 Points

Challenges

MONTHLY

Create a personal challenge
Join a personal challenge
Join the Company Challenge

50 Points
100 Points
100 Points

Journeys

DAILY

Complete a step

20 Points

QUARTERLY

Complete a Journey

150 Points

More!

ONE-TIME

Complete registration
Add a profile picture
Connect activity device
First 5 friends
First login to mobile app

100 Points
100 Points
200 Points
250 Points
250 Points

YEARLY

Complete the Health Check Survey
Complete the Nicotine-Free Agreement
Set a wellbeing goal
Complete 3 Preventative Care Activities

500 Points
100 Points
200 Points
300 Points

QUARTERLY

Set interests

100 Points



Sign up now at join.personifyhealth.com/professionalplastics
Already a member? Login at app.personifyhealth.com
Questions? Contact Member Services at 888-671-9395

