



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

PERSONIFY HEALTH WELLBEING PLATFORM

Build a better you

NFP has partnered with Personify Health to help you achieve your goals with a fun, engaging experience that puts powerful resources right at your fingertips.

Who can participate?

Employees are invited to join.

How to join

- Go to join.personifyhealth.com/nfp
- Enter NFP's passphrase: **People-First-Wellbeing**
- 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.

Workplace Options

Let a certified wellness coach help you make some healthy changes. They'll work with you to complete a thorough lifestyle assessment and establish a plan to achieve your health and well-being goals.

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.

Quarterly earning opportunities

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

	Ways to earn include	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
	Receive a shoutout	100
Quarterly	Join the company challenge	100
	Complete a a Journey (up to 3)	150/Journey
	Choose your sleep profile	250
Yearly	Set a well-being goal	200
	Tobacco-Free Agreement	100
	Complete the Health Check	1,000

For a full list of ways to earn, visit the [NFP Wellness Platform](#) and go to **Rewards > How to Earn**.

Additional activities

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

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

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!

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

Healthy Habits: Discover bite-sized ways to build a healthier routine and boost your well-being. These small steps add up to big changes over time. Your Healthy Habits are personalized based on your Health Check results and profile interests.

Journeys®: Try this digital coaching program to make simple changes to improve your health, one step at a time.

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.

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.

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!

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

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.

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.

Use your Rewards Cash:

Visit app.personifyhealth.com and sign in to your account. Hover over **Home** and click **Rewards**. Select **Spend**. Note: You must have Rewards Cash available to spend in order to have this option display.



Donate it.

Select **Donate It**, then choose the charity you'd like to support. Enter the amount of Rewards Cash you would like to donate in the provided field and select **Next** to continue.



Visit the store.

Select **Shop the Store**, then choose **Shop Now** to start browsing. Explore items like fitness trackers (e.g., Fitbit or Apple Watch) and more. At checkout, enter the amount of Rewards Cash you'd like to use in the **Use Your Personify Health Reward Cash** field. Select **Apply Cash** to deduct that amount from your total.



Get a gift card.

Select **Get a Gift Card**, choose your preferred card, and enter the amount of Rewards Cash to apply. Select Next, then Submit to place your order and deduct the amount from your account. An email will be sent to the address on file with steps to complete your redemption. Your gift card won't be sent unless you follow the instructions in that email.

Note: If you do not have enough Rewards Cash to purchase the gift card you want, you can pay the difference with your personal credit card.

Have questions? We're here to help.

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

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.