



Medically enrolled employees earn up to \$1,020.

Spouses/partners earn up to \$508.

**PERSONIFY HEALTH WELLBEING PROGRAM**

# Build a better you

The Personify Health wellbeing 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 and spouses/domestic partners are invited to join.

### How to join

- Go to [join.personifyhealth.com/IDEXCorp](https://join.personifyhealth.com/IDEXCorp)
- 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 wellbeing program. Connect your activity tracker or another wellbeing 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 wellbeing 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 wellbeing. You'll find the survey under the **Health** tab.

### Track your Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. 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.



# Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up! Employees enrolled in an IDEX Medical plan can earn up to \$1,020 per year. Covered spouses/domestic partners can earn up to \$508 per year.

**Complete these priority activities to earn a payment via payroll starting the first check in January 2025. The annual reward is prorated by the pay periods in a year and payable in each check.**

	Employee	Spouse/ domestic partner	
<b>Complete by September 30, 2025</b>	Complete a biometric screening	\$240	\$120
	Complete the Health Check	\$120	\$60
	Complete your annual physical exam	\$120	\$60
	Complete a preventive exam	\$120	\$60
<b>Total annual reward opportunity = \$600</b>		<b>\$300</b>	

**Employee enrolled in a medical plan can earn up to \$420 in additional rewards.** You can participate in additional healthy activities throughout the year to earn points and watch your payroll credits add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
<b>Points</b>	500	4,000	8,000	15,000	
<b>Employee reward</b>	\$10	\$20	\$30	\$45	<b>\$105</b>
<b>Total annual reward opportunity max: \$105 x 4 quarters = \$420</b>					
<b>Spouse/domestic partner reward</b>	\$5	\$10	\$15	\$22	<b>\$52</b>
<b>Total annual reward opportunity max: \$52 x 4 quarters = \$208</b>					

## 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:
<b>Getting started</b>	Set your interests	<b>100</b>
	Upload steps from your activity tracker (per 1,000 steps)	<b>10</b>
<b>Daily</b>	Do your Daily Cards (2 per day)	<b>20</b>
	Track your Healthy Habits (3 per day)	<b>10</b>
	Complete a step in Journeys®	<b>20</b>
	Create a personal challenge	<b>100</b>
<b>Monthly</b>	Win the promoted Healthy Habit challenge	<b>200</b>
	Track Healthy Habits 20 days in a month	<b>300</b>
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	<b>400</b>
	Complete a coaching appointment	<b>500</b>
<b>Quarterly</b>	Choose your eating type	<b>250</b>
	Complete a Journey	<b>150</b>
<b>Yearly</b>	Set a wellbeing goal	<b>200</b>
	Get a flu shot	<b>100</b>

\*The biometric screening can be completed through the onsite screening, at-home test kit, submission of bloodwork from a doctor, or offsite Labcorp facility.