



Join WellStyles Today!

Earn up to \$300 while improving your health and wellness!

WellStyles is your personalized health and wellness program that's designed to meet you where you're at in your health journey. The average employee spends 50 hours per week at work, and we're here to help you carve out time for yourself. Because optimal health is for everyone. **The WellStyles program runs from July 1- June 30.**

What you can earn at each level:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Points	5,000	15,000	35,000	60,000
Rewards	\$25	\$75	\$90	\$110

How to get started:

- 1 Sign up for your account by going to join.personifyhealth.com/wellstyles
- 2 Sign up with your information as it appears with your employer
- 3 Download the Personify Health mobile app for iOS or Android. Access your account and track your activity anywhere, anytime.



Please note: If you create an account through the app, you will need to enter the sponsor name.

Sponsor Name: WellStyles

Who is this for?

All employees at Glendale Elementary School District are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

Questions?

If you need assistance, please contact the WellStyles team at info@wellstyles.org.



A quick guide to success:

For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "My Earnings" for a full list.

Activity	Monthly Points Earned	Activity	Yearly Points Earned
Daily Cards (20 points ea)		Health Assessment	2,500
Complete 2 Daily Cards, 5 days a week	200	Find the Health Assessment by clicking on Rewards and scrolling down to the Survey section and click on Health Assessment.	
Bonus: Complete 10 Daily Cards in a month	100	Preventative Care	
Bonus: Complete 20 Daily Cards in a month	200	Dental Exams	5,000
Healthy Habits (10 points ea)		Vision Exam	2,500
Track Healthy Habits, 3x a day for 5 days a week	150	Preventative Vaccines	5,000
Bonus: Track Healthy Habits 10 days in a month	200	Cancer Screenings	15,000
Bonus: Track Healthy Habits 20 days in a month	300	Wellness Exam	20,000
Step Tracking (7,000 steps in a day = 70 points)		<i>Note: Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam/screening. For example, a doctor's note or your explanation of benefits from your medical insurance provider.</i>	
Take 7,000 steps a day for 5 days a week	400	Additional Rewards	
20-Day TT: 7,000 steps/15 active min/15 workout min	400	WellStyles Annual Survey	1,000
20-Day TT: 10,000 steps/30 active min/30 workout min	500	Step Challenges	4,000
Sleep Tracking (10 points per night)		Blood Glucose (A1C Test)	5,000
Track Sleep Manually 5 days a week	50	Virta Diabetes Program	5,000
Bonus: Track Sleep 10 days in a month	100	Real Appeal Enrollment	5,000
Bonus: Track Sleep 20 days in a month	200	Volunteer Opportunities	1,000
Bonus: Sleep > 7 hours 20 days in a month	500	8 Hinge Health Exercise Sessions x 20	2,000
Habit Challenges		TOTAL YEARLY POINTS	up to 71,000
Healthy Habit Challenge	200		
Create a Personal Challenge	50		
Monthly Virtual WellStyles Events			
Wellness Window	350		
Healthy Habit Coaching Call	350		
WellStyles Event points are awarded by Voucher Codes. These 10-digit codes can be applied to your account by clicking on Rewards then by clicking on Redeem a Voucher.			
TOTAL MONTHLY POINTS	up to 7,350		



Have questions about the platform?

View our WellStyles Tech-Tip page that has short and sweet tech tip videos designed to help you navigate the WellStyles platform and achieve your health and wellness goals with ease.

