WAYS TO EARN ACTIVITIES ~ *Be in the Know* 2024-2025

With *Be in the Know*, earn up to $300 in "Rewards Cash" plus special VIP recognition! Choose from an array of "Ways to Earn" wellness activities to earn points and rewards. This year's campaign year runs July 1, 2024 – June 30, 2025.

PRIORITY REQUIRED ACTIVITY TO EARN ANY REWARDS CASH:	LIMIT	REWARD	HOW TO EARN CREDIT
• Biometric Screening (choose from 4 options to earn credit)	1/year	$75 Rewards Cash	See PH's Biom. Screen. Options page
OTHER REWARDS CASH OPPORTUNITY:	**LIMIT**	**REWARD**	**HOW TO EARN CREDIT**
• Health Check (Personify Health online health assessment)	1/year	$25 Rewards Cash	Go to PH's Home tab "Survey"
OPPORTUNITIES TO EARN POINTS TOWARDS REWARDS CASH: (Biometric screening required for rewards.)			
MY CARE CHECKLIST (replaces Preventative Health Activities)	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Complete 3 preventative health activities on Personify Health's My Care Checklist page, choosing from your available options.	1/year	1000 points	Personify Health issues credit
PENN WELLNESS ACTIVITIES (See "CUSTOM" on PH Rewards page)	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Complete a Penn HR Wellness Event	12/year	200 points each	HR sends attendance credit
Complete a Penn HR Express Wellness Event	12/year	50 points each	HR sends attendance credit
Complete a Penn HR Financial Wellness Event	12/year	200 points each	HR sends attendance credit
Complete a Nutrition Counseling Session with Ramp Health	6/year	350 points each	HR sends credit (once/month)
Complete 3 Sessions: Penn Comprehensive Smoking Treatment Program	1/year	1500 points	HR sends completion credit
Complete a Personify Health Wellness Webinar (live event only)	1/month	100 points each	Submit voucher code on Rewards page (Redeem a Voucher for Points)
PERSONIFY HEALTH: GENERAL + ONE-TIME ACTIVITIES	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Set your interests	1/quarter	100 points each	Personify Health issues credit
Complete nicotine-free agreement	1/year	100 points	Personify Health issues credit
Set a well-being goal	1/year	200 points	Personify Health issues credit
Invite a colleague to join	5/year	50 points each	Personify Health issues credit
NEWLY ENROLLED ONLY: Complete registration	Once ever	300 points	Personify Health issues credit
NEWLY ENROLLED ONLY: Add a profile picture	Once ever	100 points	Personify Health issues credit
NEWLY ENROLLED ONLY: First login to mobile app	Once ever	250 points	Personify Health issues credit
NEWLY ENROLLED ONLY: Add 5 friends	Once ever	250 points	Personify Health issues credit
PERSONIFY HEALTH: DAILY CARDS	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Do your daily cards	2/day	5 points each	Personify Health issues credit
Complete 20 daily cards in a month	1/month	100 points each	Personify Health issues credit
PERSONIFY HEALTH: CHALLENGES (Personal, PHHCs, 30x30 Outdoor, Penn)	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
PERSONAL CHALLENGES: Create the challenge	1/quarter	100 points each	Personify Health issues credit
PERSONAL CHALLENGES: Join the challenge	1/quarter	100 points each	Personify Health issues credit
Monthly Promoted Healthy Habit Challenges (PHHCs): Win the challenge	1/month	200 points each	Personify Health issues credit
Penn Sustainability 30x30 Outdoor Challenge (April 2025): Complete chall.	1/year	750 points	Personify Health issues credit
PENN CHALLENGES: Join the challenge	1/quarter	100 points each	Personify Health issues credit
PENN CHALLENGES: Track at least once/week, for all weeks of the challenge	1/quarter	200 points each	Personify Health issues credit
PENN CHALLENGES: Create, Recruit, and Fill your team (team only challenge)	1/quarter	200 points each	Personify Health issues credit
PENN CHALLENGES: Reach final destination (Destination Challenge only)	1/quarter	1000 points each	Personify Health issues credit
PENN CHALLENGES: Reach final challenge stage (Staged Challenge only)	1/quarter	1000 points each	Personify Health issues credit
PENN CHALLENGES: Reach 50% of your challenge goal (Spotlight Chall. only)	1/quarter	150 points each	Personify Health issues credit
PENN CHALLENGES: Reach 75% of your challenge goal (Spotlight Chall. only)	1/quarter	150 points each	Personify Health issues credit
PENN CHALLENGES: Reach 100% of your challenge goal (Spotlight Chall. only)	1/quarter	300 points each	Personify Health issues credit

PENN CHALLENGES: Reach 110% of your challenge goal (Spotlight Chall. only)	1/quarter	300 points each	Personify Health issues credit
PERSONIFY HEALTH: ACTIVITY	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Take 2,000 steps in a day (validated device only)	1/day	10 points each	Personify Health issues credit: **Maximum daily earning potential for steps or active/workout minutes is 100 points.** System automatically uses highest value (steps, active minutes, OR workout minutes) completed in a day. ***Steps, active, and workout minutes must be validated from a device (Fitbit, Garmin, Apple watch, etc.) Manually added data won't combine with validated data – system will automatically value each separately and reward you with highest value for the day.***
Take 4,000 steps in a day (validated device only)		20 points each	
Take 6,000 steps in a day (validated device only)		30 points each	
Take 8,000 steps in a day (validated device only)		40 points each	
Take 10,000 steps in a day (validated device only)		60 points each	
Take 12,000 steps in a day (validated device only)		80 points each	
Take 14,000 steps in a day (validated device only)		100 points each	
Workout for 15 minutes in a day (validated device only)	1/day	25 points each	
Workout for 30 minutes in a day (validated device only)		50 points each	
Workout for 45 minutes in a day (validated device only)		100 points each	
Reach 15 Active Minutes in a day (validated device only)	1/day	25 points each	
Reach 30 Active Minutes in a day (validated device only)		50 points each	
Reach 45 Active Minutes in a day (validated device only)		100 points each	
Manual Workout Reward for 30-59 minutes	1/day	10 points each	Personify Health issues credit: No device needed, enter activity manually via healthy habit tracker.
Manual Workout Reward for 60-89 minutes		30 points each	
Manual Workout Reward for >= 90 minutes		50 points each	
Connect first activity device	Once ever	200 points	Personify Health issues credit
PERSONIFY HEALTH: HEALTH COACHING	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Complete a Health Coaching session	6/year	350 points each	Personify Health issues credit
Complete 3 Health Coaching sessions in a year	2/year	100 points	Personify Health issues credit
PERSONIFY HEALTH: JOURNEYS	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Complete a Journey step	1/day	10 points each	Personify Health issues credit
Complete a whole Journey	3/quarter	250 points each	Personify Health issues credit
PERSONIFY HEALTH: MEDIA LIBRARY	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Complete a Personify Health Media Library video	4/month	10 points each	Personify Health issues credit
PERSONIFY HEALTH: RETHINKCARE (See "MENTAL WELLBEING" on PH Rewards)	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Complete a RethinkCare video session	2/day	10 points each	Personify Health issues credit
Complete a RethinkCare video course	1/week	150 points each	Personify Health issues credit
Complete 20 RethinkCare video sessions in a month	1/month	100 points each	Personify Health issues credit
PERSONIFY HEALTH: NUTRITION ACTIVITIES	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Daily calorie tracking	1/day	20 points each	Via MyFitnessPal
Track calories 20 days in a month	1/month	300 points each	Via MyFitnessPal
Browse healthy recipes	1/day	10 points each	Personify Health /Nutrition Guide
Add a recipe to grocery list	1/week	10 points each	Personify Health /Nutrition Guide
Choose your eating type	1/quarter	250 points each	Personify Health /Nutrition Guide
Connect calorie tracker	Once ever	100 points	Via MyFitnessPal
PERSONIFY HEALTH: SLEEP ACTIVITIES	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Track sleep nightly (validated device only)	1/day	5 points each	Personify Health issues credit
Sleep >7 hours in a night (validated device only)	1/day	10 points each	Personify Health issues credit
Track sleep 20 days in a month (validated device only)	1/month	100 points each	Personify Health issues credit
Track sleep manually	1/day	5 points each	Personify Health issues credit
Choose your sleep profile	1/quarter	100 points each	Personify Health/Sleep Guide
PERSONIFY HEALTH: TRACKING HEALTHY HABITS	**LIMIT**	**POINT VALUE**	**HOW TO EARN CREDIT**
Track Your Healthy Habits	1/day	10 points each	Personify Health issues credit
Track Healthy Habits 20 days in a month	1/month	100 points each	Personify Health issues credit
1st time tracking Healthy Habits 5 days in a month	Once ever	100 points	Personify Health issues credit