



# ThriveWell<sup>SM</sup> - Level up your wellbeing

Looking to level up where you are in your wellbeing journey? ThriveWell gives you the tools and support you need to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. Tracking your healthy habits and behaviors through ThriveWell can offer a wide range of psychological benefits, many of which support long-term mental wellbeing and personal growth.

**Participate in healthy activities throughout the year to earn points (and bragging rights!), have fun with friends, and experience the lifelong benefit and rewards of better health and wellbeing.**

	Level 1	Level 2	Level 3	Level 4
Points	7,000	25,000	40,000	60,000

## Ways to earn

	Do healthy things	Earn points
Getting started	Complete registration	250
	First login to mobile app	250
	Connect first activity device	200
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a step in Journeys®	20
Monthly	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	★ 20-Day Triple Tracker: 7,000 steps/ 15 active minutes/15 workout minutes	400
	Self-entered measurements	50/month
	Join a challenge	100
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Complete the Nicotine-Free Agreement	100
	Invite a friend outside of your company	100

## Who's eligible?

All employees and spouses or domestic partners are eligible to participate in ThriveWell and earn points.



**Not a member yet?**  
Visit [Join.PersonifyHealth.com/ThriveWell](https://Join.PersonifyHealth.com/ThriveWell) to get started.

\*Subscriber and spouse or domestic partner.

Personify Health is an independent company and offers a digital wellbeing service on behalf of Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association.

Points are designed to motivate members and offer a way to establish and achieve personal goals. Points do not equate to any actual monetary values.

## ★ Earn bonus points!

Signing in and completing activities daily really pays off. Look for activities with a star. Engaging in these activities multiple times in a month earns you extra points.

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

