



ThriveWellSM Member Guide



Why participate

ThriveWell, through our partnership with Personify Health, helps you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. Engage daily to build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

How to enroll

Visit Join.PersonifyHealth.com/ThriveWell to get started.

Once you access the Personify Health enrollment page, complete three simple steps to create your account.

- **Identify:** Enter a few personal details, including your subscriber ID, to confirm you are eligible to create an account. Enter your last name exactly as it appears on your ID card, include suffix, commas or periods, if applicable.
- **Agree:** Review and agree to the rules, data collection and privacy policy.
- **Create:** Add your preferred email address, make a password and enter some additional details to customize your experience.

Then you are all set. Your account is ready. Click [Take Me There](#) to sign in.

7:45

personify HEALTH

Select Language
English (U.S.)

Step 1 / 4

Tell us who you are

We'll use this information to confirm that you're eligible to create an account. Enter your First name and Last name exactly as it appears on your subscriber card. For Member ID, if you are a subscriber, enter your 9-digit Subscriber ID from your subscriber card + 00 (ie 12345678900). If you are a spouse, enter your 9-digit Subscriber ID from your subscriber card + 01 (ie 12345678901).

First name *

Last name *

Member ID (9-digit Subscriber ID + 2-digit suffix) *

2-digit suffix 00 for subscriber or 01 for spouse

Date of birth *

mm/dd/yyyy

Country/region *

Where do you live?

Continue

Already a member? [Sign In](#)

Terms & Conditions Privacy Notice



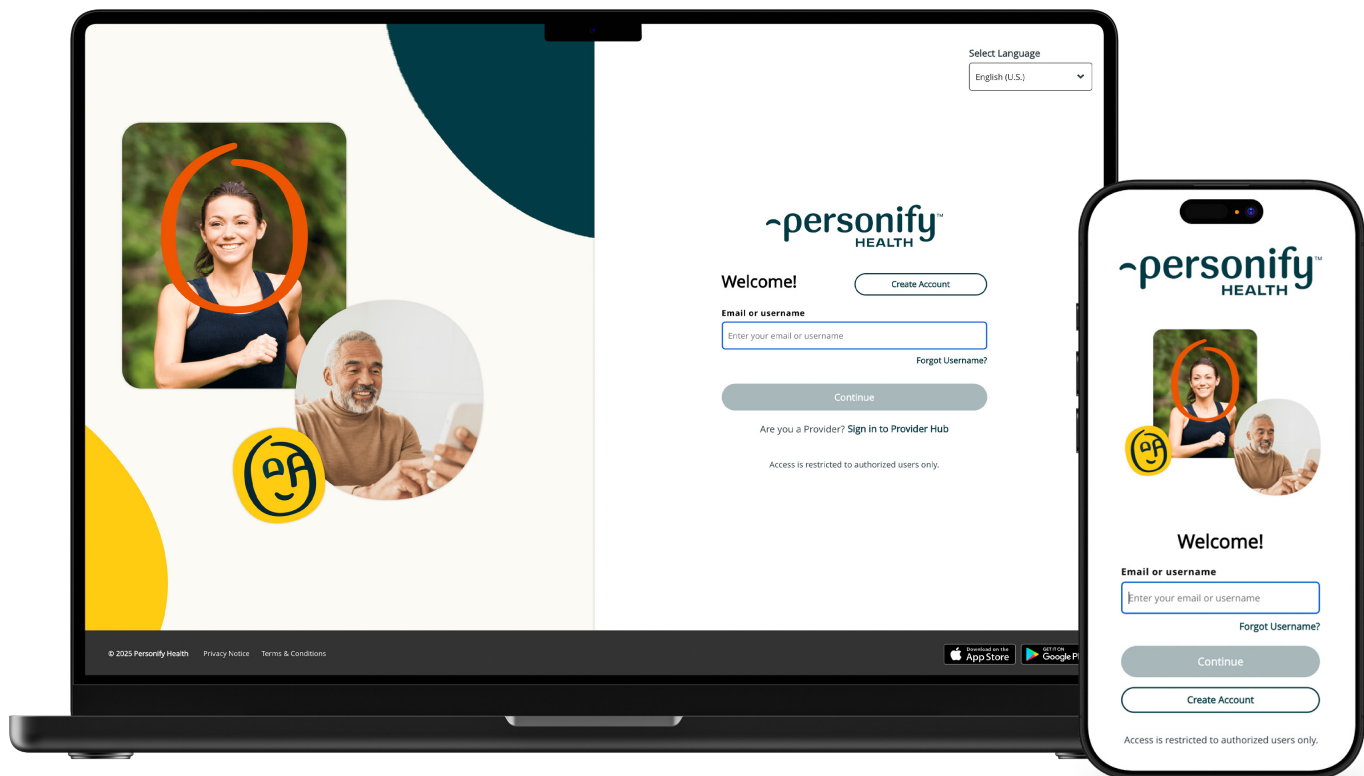
How to complete your profile

In order for your member profile in Personify Health to display as 100% complete, make sure that you have completed four profile sections.

- 1 To access your profile information, sign in to the Personify Health member website, and hover over the **More** menu.
- 2 In the drop-down menu that appears, select **My Profile**.
- 3 Below the cover photo, there is a banner that displays the four sections of your profile that need to be completed. Once a section is complete, a green check mark should appear.
- 4 The four profile sections that need to be completed are the following:
 - Sign up! (You've already done that!)
 - Profile photo
 - About me
 - Work details

How to sign in to the Personify Health mobile application

- 1 Download the Personify Health mobile application onto a supported device.
- 2 Open the Personify Health mobile application.
- 3 Enter the email address associated with your Personify Health member account in the Email or Username field.
- 4 Enter your Personify Health member account password into the Password field. To change your password, tap on **Forgot Password?** below the **Sign In** button to initiate the password reset process.
- 5 Tap the Sign In button, and you'll be signed into the Personify Health mobile application!



See a clear picture of your health

The best way to start is by taking the Health Check survey.

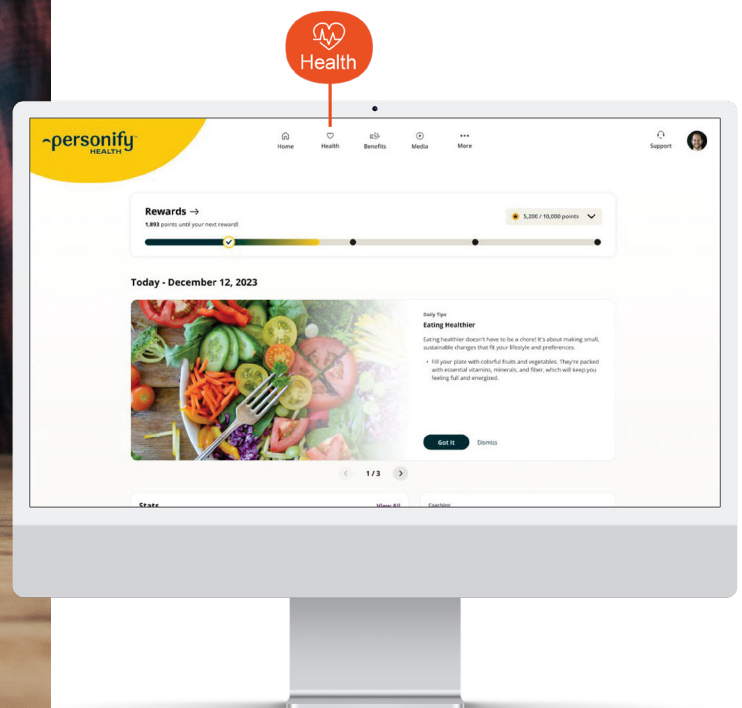
The Health Check is Personify Health's flagship health assessment solution offering members a view of their lifestyle choices, personal health, and wellbeing. It's confidential and provides an engaging and meaningful experience that recognizes a member's changing health, needs, and interests. It also inspires people to take their own unique and relevant path to better health. Health Check is NCCA-certified and evidence-based to better educate members on their health risks and guide them with personalized recommendations to make lasting improvements for a healthier life.

1

Select **Healthtab** in the menu

2

Take the **Health Check** survey and gain a clear snapshot of your health



Connect a fitness tracker

Keep track of how well you're doing by using a fitness tracker or mobile device. Then challenge yourself to take it up a notch!

Don't have a device?

You can order a fitness tracker in the Personify Health Store or connect to one of our free, compatible devices and apps to track your daily steps. Check out your options by going to the **Devices & Apps** section.

- 1 **Click More and Devices & Apps.**
- 2 **Choose your device.**
- 3 **Follow a few simple steps.**

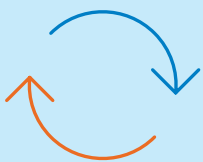
Start stepping

Get active and track your steps, calories consumed, workouts, and sleep data. Look for small improvements over time and celebrate your accomplishments.

Set your interests

Choose to work on the areas that matter the most to you, whether it's your eating habits, sleep, physical activity, relationships, finances, or something else.

- Go to Topics of Interest by selecting the **More** ellipses.
- Choose the areas that interest you the most.
- Now you'll get tips and information related to your interests.



Sync your data

Be sure to sign in to your Personify Health app at least once every 14 days so your data syncs and counts toward your activity goals.

What are Journeys®?

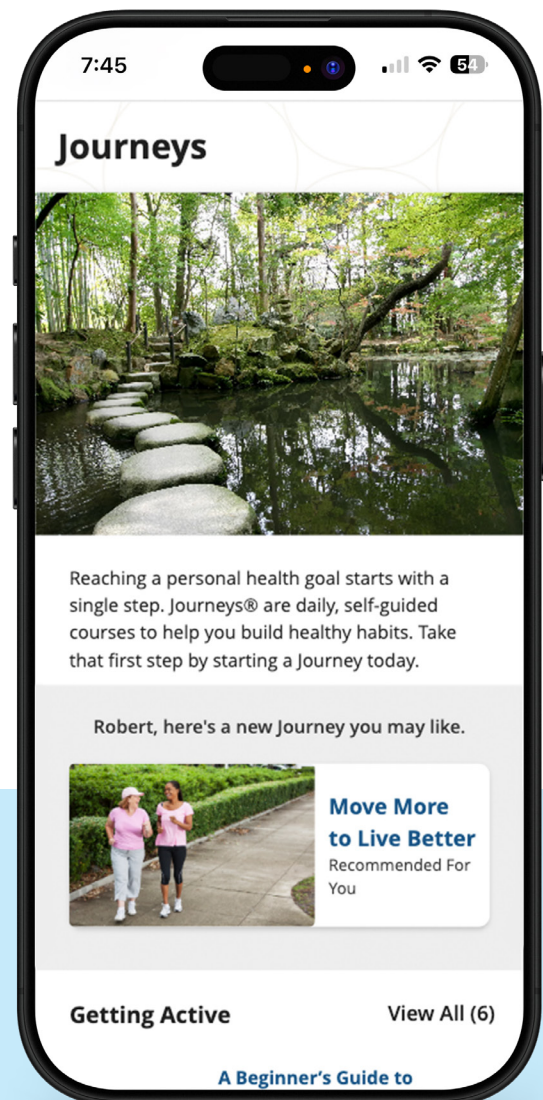
Journeys are a great way to introduce healthier habits into your life or maintain healthy habits you already have in place.

They are designed to engage you in a series of small steps that form a new healthy habit over time. Journeys are made up of small, fun, and informative "steps," and most Journeys take roughly 2–4 weeks to complete.

To locate Journeys, please navigate to Health > Journeys.

Once there, all the Journeys that can be completed will appear. The amount of time it takes to complete will be listed below each Journey.

When your Journey is complete, you will have learned a few new things and formed some new healthy habits!



Add 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!

- 1 Go to **Social** and find **Friends** in the menu.
- 2 Choose **Add Friend** (for your coworkers) or **Invite Friends** (for friends and family members who don't use your company's benefits).

Add an eligible spouse or domestic partner

Your eligible spouse or domestic partner can join the program with an account like yours!

Your eligible spouse or domestic partner should enroll in the Personify Health platform with the **How to Enroll** instructions on page 3 of the Member Guide. Once their account has been created, you can connect with your spouse or domestic partner by choosing **Add Friend**.



Engage in friendly and healthy competition

Rally your coworkers for the latest company step challenge! Or gather a small group of friends and coworkers and challenge them to start a new healthy habit.



Spotlight Challenges

Stay tuned for company-wide challenges where you can go head-to-head with friends and rivals across your organization. Post comments to cheer each other on.



Personal Step Challenges

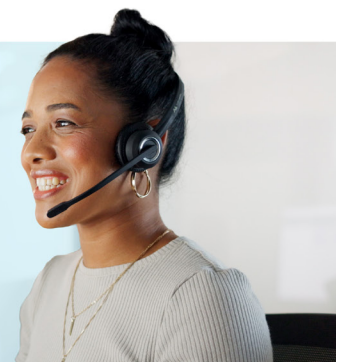
Challenge your coworkers and friends to a step-off. You choose the type (1 day, weekday, or weekend) and then invite your coworkers and friends. Use the chat feature to share your strategy and motivation.



Healthy Habit Challenges

Challenge your coworkers and friends to track a healthy habit for 5 out of 7 days. Use the chat feature to share your strategy for achieving the healthy habit each day.

Have questions? We're here to help.
Send us an email: support@personifyhealth.com



Get quick, simple tips

Learn easy-to-do, daily tips to help you get more active, eat well, manage life's ups and downs—and much more.

Pillars and topics

We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics of Interest sections to find what you need—fast.

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!

Social groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others, and achieve goals together.

Nutrition guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Daily cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

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.

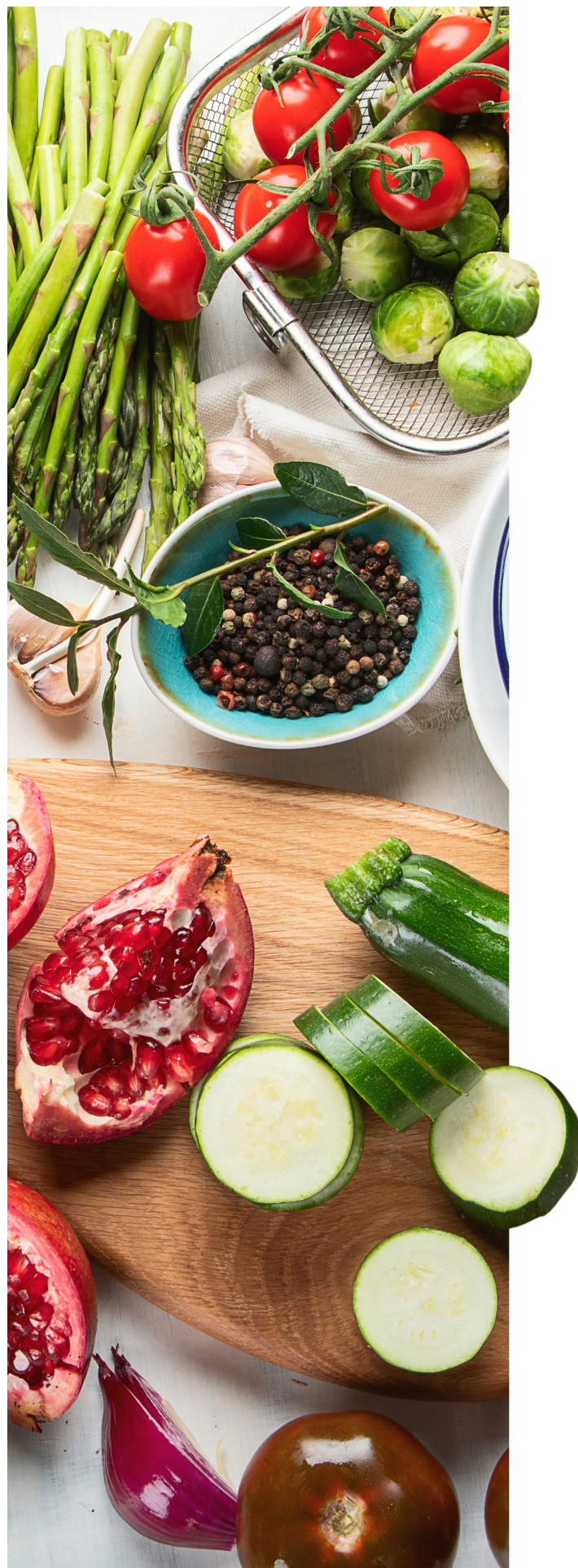
Journeys Digital Coaching

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool, Journeys, to make simple changes to your health, one small step at a time.

Build daily Healthy Habits— it's as easy as 1-2-3

We'll give 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.

- 1 Choose a Healthy Habit you'd like to work on.
- 2 Work on it, little by little, every day.
- 3 Experience the rewards of better health and wellbeing.

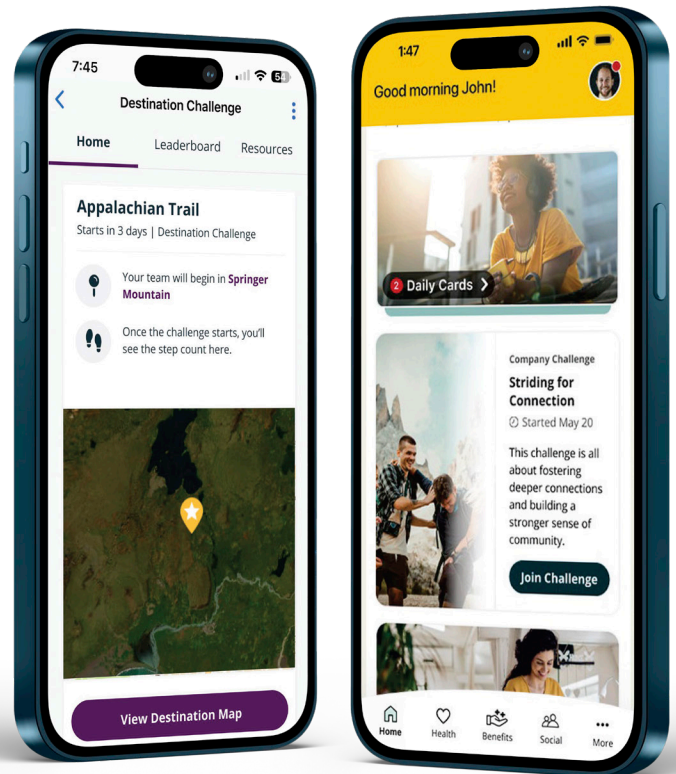


How to earn rewards for activities*

There are plenty of ways to earn rewards for being active and participating in the Personify Health program. Check the How to Earn page on the Personify Health site to see all the specific earning opportunities.

Experience the rewards of being the best version of you!

When small changes are made every day to your wellbeing, you will feel healthier, happier, and more energetic.

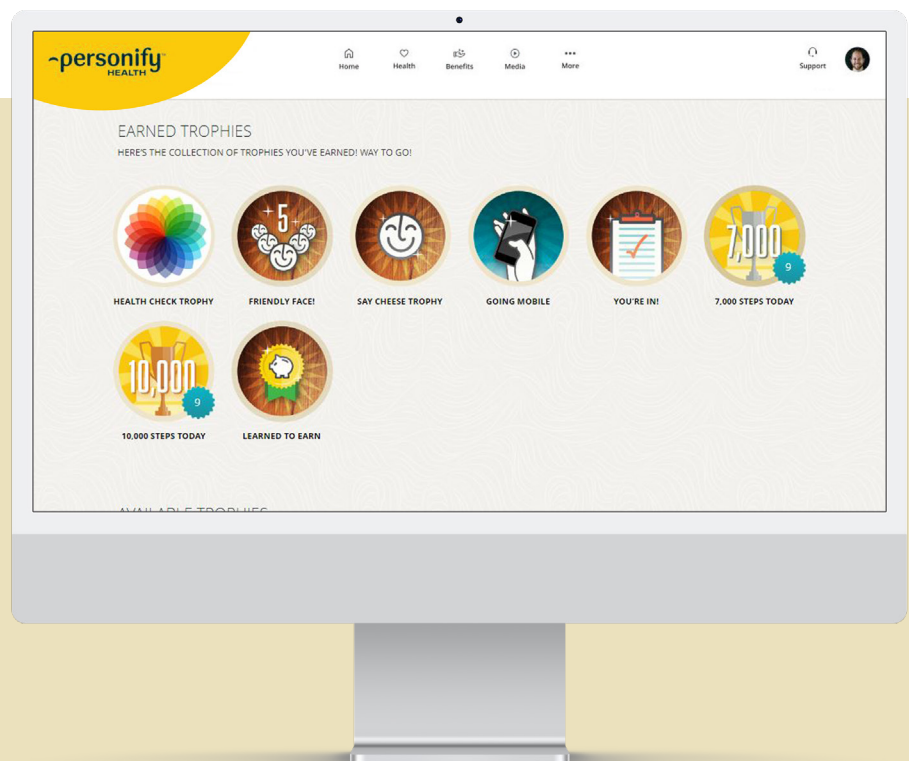


Rewards*

Earn rewards for the healthy activities you do!

Trophies

Who doesn't love celebrating with a trophy? Collect them all as you go!



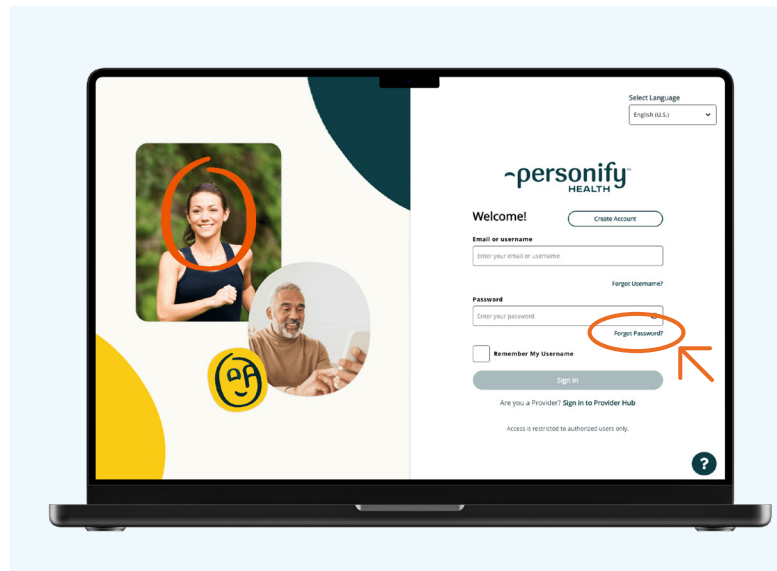
*Rewards are not available on all plans.

I forgot my password!

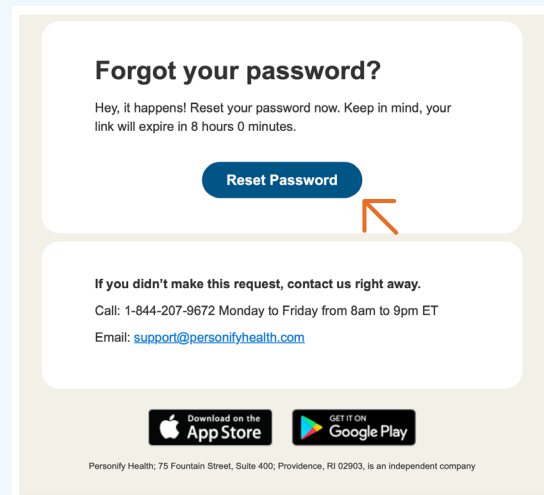
1 To update your password, navigate to the sign-in page for the Personify Health member website login.personifyhealth.com and select the **Forgot Password?** link.

2 In the pop-up that appears, enter the email address associated with your Personify Health account and select the **Submit** button.

Note: If it is a work email address, make sure to check your **Spam** folder, as there may be an email filter in place.

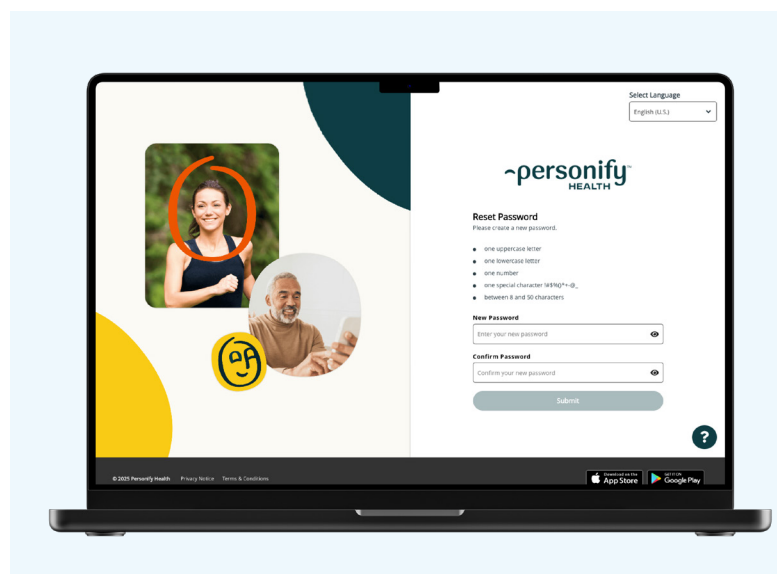


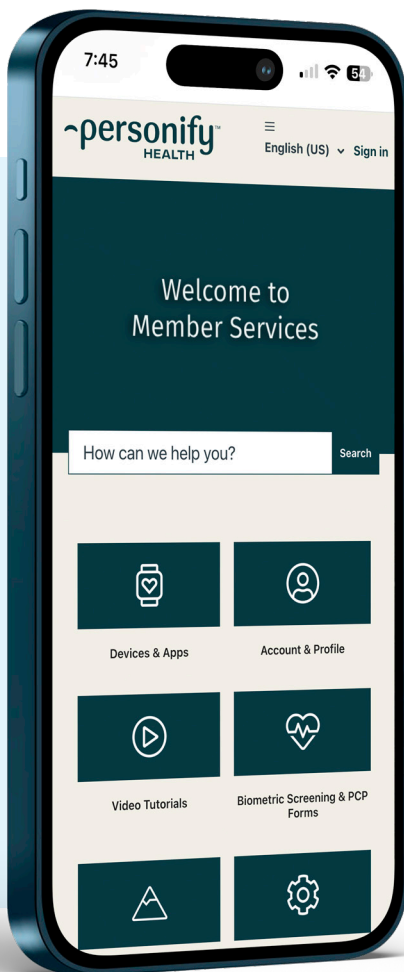
3 Once you have received the email, select the **Reset Password** button.



4 The page will prompt you to enter the new password and confirm it. Once you are done, select the **Submit** button.

5 Your password will be updated immediately. Don't forget that you have changed it the next time that you sign in!





How to reach Member Services

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