



PERSONIFY HEALTH

Build a better you

The Personify Health wellbeing program gives you the tools to get active, get healthy and live better every day.

Here's how to get started:

Step 1

Visit join.personifyhealth.com/wellnessatbrown and activate your Personify Health account.

Step 4

Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 2

Connect a device or app to track your steps, active minutes and sleep. We sync with many trackers, such as Max GO, Apple Watch and Fitbit, just to name a few.

Step 5

Download the Personify Health mobile app for iOS or Android.

Step 3

Upload a profile picture and add some friends.



Scan the QR code to download the app.

Your 2025 program

Brown University knows you’re taking the time to maintain or improve your health. To recognize your efforts, we offer rewards for participating in the wellness program. It’s easy to earn rewards by making healthy decisions.

What’s ahead in 2025:

Ways to earn	Cash incentive	
	Track a promoted Healthy Habit Challenge 5 out of 7 days (5x per year)	\$50
	Complete the Health Assessment	\$50
	Complete the Nicotine-Free Agreement	\$25
	Journeys® digital coaching: Complete a Journey	\$25
	Complete a Brown onsite/online wellness program	\$25
	Complete a Brown fitness program	\$25
	Complete a Brown financial wellness program	\$25
	Complete an annual dental exam	\$25
	Complete an annual medical exam	\$25
	Reach goal in ONE Wellness in a Brown-sponsored portal challenge	\$50

For more ways to earn, visit **How to Earn** under the **Rewards** page on the site. Or go to **Rewards > Learn How To Earn More Points** on the mobile app.

2025 Wellness Rewards options

Participants who reach **\$250** in 2025 Wellness Rewards will be able to select one of three reward options:

- 1. A taxable cash incentive payment of **\$250**
- 2. A 12-month membership to Nelson Fitness Center
- 3. A program fee voucher (valued at **\$300**) that can be used toward a Mindfulness-Based Stress Reduction or Mindfulness-Based Cognitive Therapy course offered by the School of Professional Studies

Note: You will be responsible for any balance remaining after the voucher is applied toward the program fee.

Have questions? We’re here to help.

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

