KICK-START YOUR WELLBEING

USER GUIDE

Getting healthier is easier when you do it with friends. Participate in fun challenges with your coworkers, friends and family to help you build healthy habits and experience the rewards of better health. Are you ready? Brace yourself for some serious cheering, competition and fun along the way!

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

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Sign up and get started

Step 1

Visit **join.personifyhealth.com/towne** or open the app and select **Create Account**.
Use the paraphrase... **snappy-strawberry-74**

Follow the progress bar as you complete these easy steps:

Identity

Tell us who you are. We'll ask for a few details about you and your sponsor organization to check your eligibility. Some of the fields may already be filled.

Agree

Legal and privacy. Review and agree to the rules, data collection and privacy policy.

Create

Create your account. Add your email, make a password and give us some additional details to customize your experience.

Finish

You're all set. Your account is ready. Click **Take Me There** to sign in.

Step 2

Connect a device or app to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max GO, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

Step 3

Upload a profile picture and add some friends.

Step 4

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

Step 5

Download the Personify Health mobile app for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Syncing is the simple process of uploading information from your fitness tracker
to the mobile app, so it's all in one place.
Be sure to sign in to your Personify Health app **at least once a week** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Scan the QR code to download the app.

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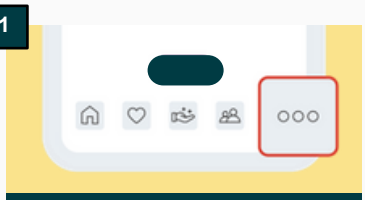
Connect a device or app

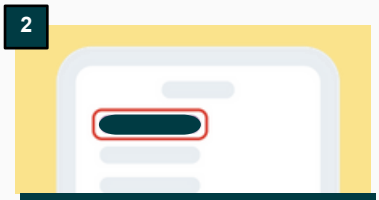
Download the Personify Health app, then follow these easy steps:

1



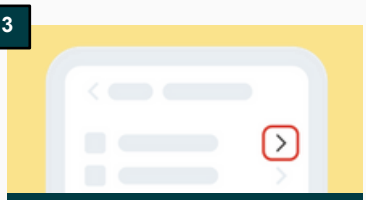
Click **More** in the bottom menu.

2



Click **Devices & Apps**.

3



Choose a device or app and click **Connect**.

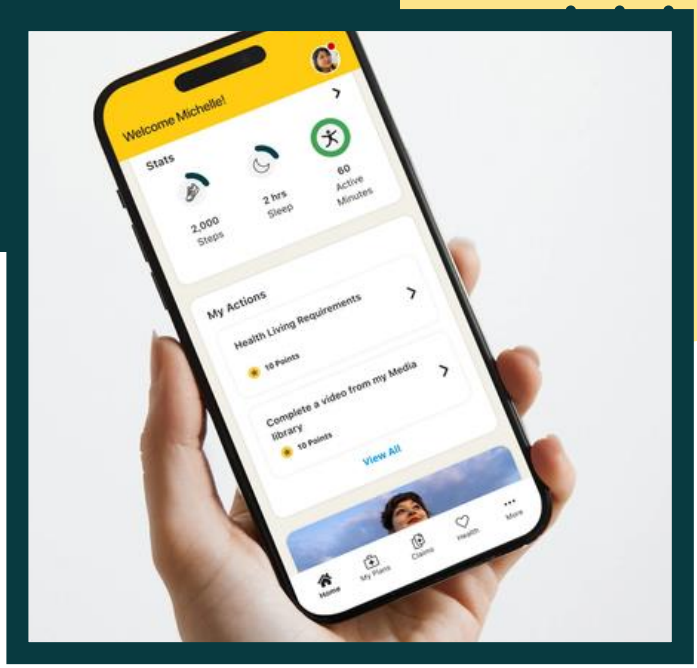
Compatible devices and apps

Personify Health supports a variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:

myfitnesspal
Apple Health
STRAVA
WITHINGS
personify MAX GO
Google Fit
GARMIN
iHealth
SAMSUNG Health
fitbit
POLAR

ENGAGE IN ACTIVITIES THAT FIT YOUR INTERESTS

Learn easy ways to get more active, eat well and manage life's ups and downs—every day!



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

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.

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!

Health Check
This short, confidential survey assesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellbeing.

Healthy Habits
Healthy Habits offer you bite-size ways to build a healthy routine and improve your wellbeing. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile.

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

Media Library
The Media Library offers interactive videos led by our team of trainers and coaches on a variety of topics. There's something for everyone.

My Care Checklist
My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

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

Pillars
Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

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!

Shoutouts
Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

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.

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.

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Create a challenge

About challenges:

Personal Challenges

Create a personal step challenge to increase your activity for one, two or five days in a week. Make sure your fitness tracking device or app is connected to your account and start stepping. Invite your [coworkers and friends] for some friendly competition and see who comes out on top.

Healthy Habit Challenges

You can create a challenge for a Healthy Habit you're currently tracking, or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances and more. Simply track it every day in order to reach your goal.

How to start a challenge:

Step 1

From the home page, go to the **Social** tab, select **Challenges** and then select **Create**. Once you're in this section, choose **Personal Challenge** or **Healthy Habit Challenge**.

For Personal Challenges, you'll choose the duration of the challenge and start it up.

For Healthy Habit Challenges, you'll select the habit you want to work on, write a personal message and get it started.

Step 2

Now that your challenge is set up, invite others to join! Select **Invite Players**, and you'll have the option to invite from your friends list, search for friends, or invite a Group. You can also add an email list of up to 250 people.

Things to explore:

Chat

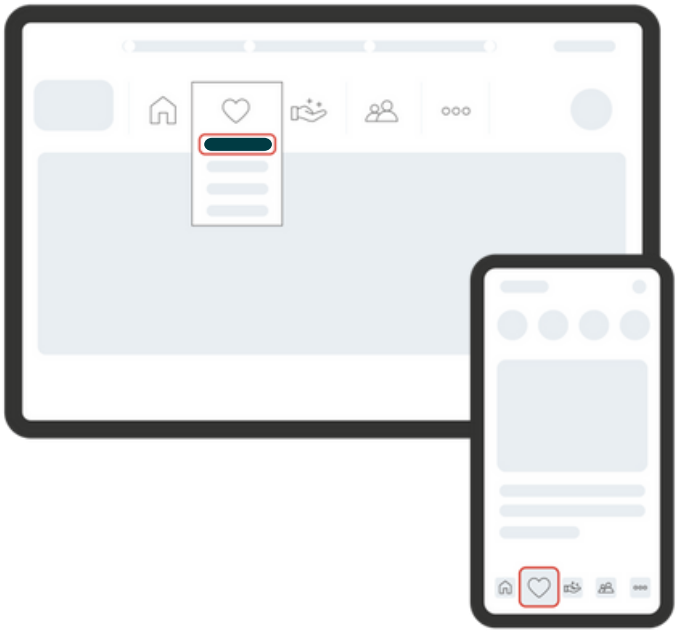
If you invited others to join your challenge, connect and share images or tips on how to build habits and stay active via the challenge Chat feature.

Leaderboard

If you're in a group challenge and are competitively motivated, take a look at the Leaderboard in the app to see who's in the lead. If you're falling behind, put the pedal to the metal and aim for that #1 spot.

Try Journeys®

How to get started:



Step 1

Open the Personify Health mobile app or go to the website and find **Journeys** in the **Health** menu.

Step 2

Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.

Step 3

Click on the Journey you would like to learn more about. Click **Start** to begin your Journey.

Journeys can help you:

- Reduce stress
- Embrace diversity, equity and inclusion
- Increase your healthy nutrition knowledge
- Add more physical activity throughout the day
- Improve sleep

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