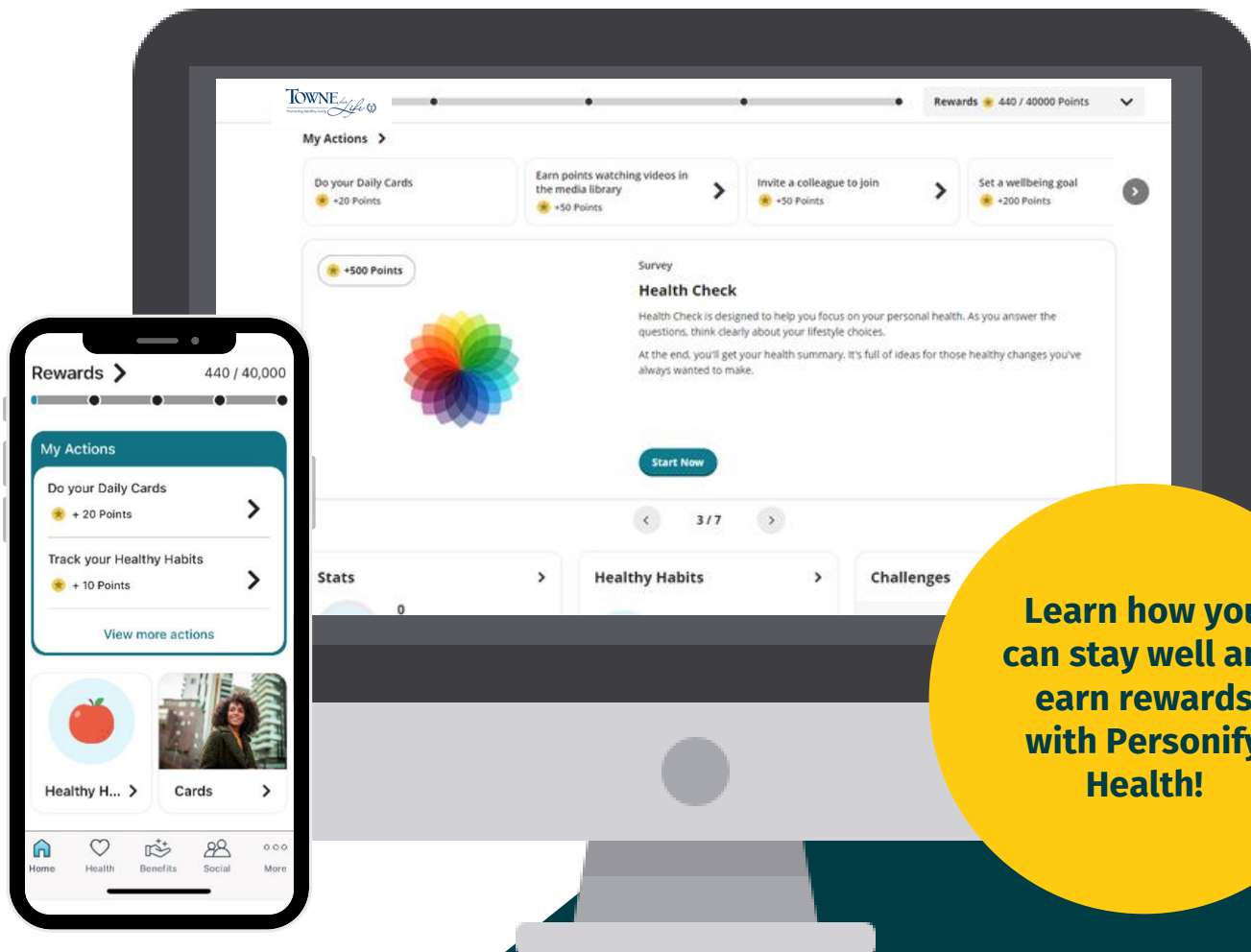


IT'S YOUR TIME TO THRIVE.

The Personify Health wellbeing program gives you the tools to get active, get healthy, and get rewarded.



Learn how you
can stay well and
earn rewards
with Personify
Health!

How to get started:

- ➔ Register for your Personify account at join.personifyhealth.com/Towne
Enrollment Passphrase: **snappy-strawberry-74**
- ➔ **Download the Personify mobile app** for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Go, Fitbit, Apple Health, S Health, etc.)
- ➔ **Upload a profile picture and add friends.**
- ➔ **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

Your 2026 Rewards

Towne employees have the opportunity to earn entries into *Towne for Life's* Quarterly Prize Drawings by participating in the program, earning points, and achieving levels! Here is how your points will translate into rewards:



Earn entries into *Towne for Life's* Quarterly Prize Drawings!

	Level 1	Level 2	Level 3	Level 4
POINTS	1,000	5,000	30,000	50,000
2026 REWARDS	\$100 Prize Entry	\$200 Prize Entry	\$300 Prize Entry	\$500 Prize Entry

How to Earn Points		*go to your Reward page to see all of the ways to earn points*	
Activity Upload steps from your activity tracker (Max Go, Fitbit, Apple Health, S Health, Google Fit,etc.)	DAILY (up to 140 Points/day)	Per 1,000 steps 15 or more active minutes 30 or more active minutes 45 or more active minutes	10 Points 70 Points 100 Point 140 Points
	MONTHLY	20-Day Triple Tracker (moderate activity) 20-Day Triple Tracker (high activity)	400 Points 500 Points
Sleep	DAILY	Track sleep manually Track sleep nightly via a device Sleep > 7 hours in a night	10 Points 20 Points 50 Points
Self Tracking	DAILY	Track your healthy habits (up to 30 Points/Day)	10 Points
	MONTHLY	Track healthy habits 10 days in a month Track healthy habits 20 days in a month	200 Points 300 Points
Cards	DAILY	Complete daily tip card (2/day)	20 Points
	MONTHLY	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 Points 200 Points
Challenges	MONTHLY	Create a personal challenge Join a personal challenge Join the Company Challenge	50 Points 100 Points 100 Points
Journeys	DAILY	Complete a step	20 Points
	QUARTERLY	Complete a Journey	150 Points
More!	ONE-TIME	Complete registration Add a profile picture Connect activity device First 5 friends First login to mobile app	100 Points 100 Points 200 Points 250 Points 250 Points
	YEARLY	Complete the Health Check Survey Complete Nicotine Free Agreement Complete 2 Preventive Care Activities Set wellbeing goal	0 -500 Points 100 Points 200 Points 200 Points
	QUARTERLY	Set interest	100 Points



Sign up now at app.personifyhealth.com.
Questions? Contact Member Services at 888-671-9395

~personify™
HEALTH

TOWNE *for Life*
Promoting Healthy Living