

Earn 250 points
for logging
onto your
mobile app



Mobile app

Keep on tracking, no matter
where you are.

Download the app
to get started



You can sign in with
your existing username
and password or select
Create Account.

The fun doesn't
stop when you leave
work. Keep challenging your
coworkers (and yourself) to get
healthier, whether you're at home,
headed to the gym or between meetings.
Our mobile app has all the same great features
as the website—and even more convenience.

Enrollment passphrase: **snappy-strawberry-74**

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**

With the Personify Health app you can:

Get healthy tips

Complete your Daily Cards and explore new ways to eat better and improve your sleep with the Nutrition Guide and Sleep Guide. Try Journeys® to take small steps that lead to healthy habits.

Compete in challenges

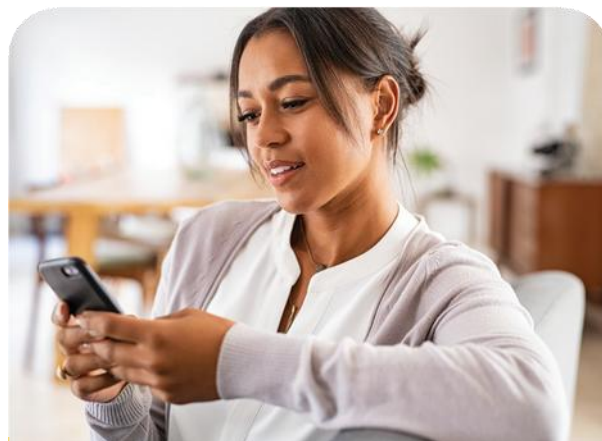
Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

Track your progress

- Record your steps and other activities.
- Check your status and milestones.
- Track your Healthy Habits.

Sync your activity

Automatically sync information from another device or app to your Personify Health app—and earn even more!



Don't miss out!

To get the most out of your mobile experience, **go to your phone's settings and turn on notifications** for your Personify Health app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.



Syncing is the simple process of uploading information from an activity 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 every 14 days so your data syncs and counts toward your activity goals.**

Connect a device or app

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

