



**Earn up to
\$400 in
Rewards Cash
per year!**

PERSONIFY HEALTH

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

- Earn up to \$100 in Rewards Cash each quarter.
- Access personalized tools and support to meet your wellbeing goals.

Who's eligible:

Full-time U.S., full-time Canada and part-time employees are eligible to participate.

CSL Behring

personify™
HEALTH



How to get started

- Step 1** Sign up for your **Personify Health account** by going to join.personifyhealth.com/CSL. Already a member? Sign in at app.personifyhealth.com.
- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3** **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 4** **Upload a profile picture** and add some friends.
- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6** **Download the Personify Health 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.

Get the app:



Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.

What you can earn each quarter:

| | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | Total rewards per quarter |
|---------------------|---------|---------|---------|---------|---------------------------|
| Points | 500 | 4,000 | 9,000 | 18,000 | |
| Rewards Cash | \$10 | \$15 | \$25 | \$50 | \$100 |

Rewards Cash annual max: \$100 x 4 quarters = **\$400**

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

| | Do healthy things: | Earn points: |
|------------------------|---|--------------|
| Getting started | Complete registration | 100 |
| | First login to mobile app | 250 |
| | Connect first activity device | 200 |
| | Connect to Headspace | 200 |
| | Complete the Health Check survey | 1,000 |
| Daily | Upload steps from your activity tracker (per 1,000 steps) | 10 |
| | Do your Daily Cards (2 per day) | 20 |
| | Track your Healthy Habits (3 per day) | 10 |
| | Play a Headspace session | 20 |
| Monthly | Join a personal challenge | 100 |
| | Complete a Headspace progress check-in | 100 |
| | Win the promoted Healthy Habit challenge | 200 |
| | ★ Track Healthy Habits 20 days in a month | 300 |
| | ★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes | 400 |
| Quarterly | Choose your eating type | 250 |
| | Choose your sleep profile | 250 |
| Yearly | Set a wellbeing goal | 200 |
| | Complete the Nicotine-Free Agreement | 100 |



Earn bonus points!

Want to reach Level 4? Do healthy things every day and earn big rewards. Look for this symbol for a sampling of what you can earn.

Use your Rewards Cash:



Visit the store



Donate it



Get a gift card

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.

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.

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.

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

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.personifyhealth.com and search Medical Exceptions.