



Sign up  
starting  
01/01/26

# Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to \$300 in Rewards Cash in 2026.

## What you can earn each quarter:

|         | LEVEL 1    | LEVEL 2 | LEVEL 3     | LEVEL 4 | Total rewards per quarter |
|---------|------------|---------|-------------|---------|---------------------------|
| Points  | 1,000      | 4,000   | 10,000      | 15,000  |                           |
| Rewards | Great Job! | \$25    | Keep It Up! | \$50    | \$75                      |

Rewards Cash annual max:  $\$75 \times 4 \text{ quarters} = \$300$

## Use your Rewards Cash!



Visit the store   Donate it   Get a gift card

# 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: |
|------------------------|----------------------------------------------------------------------------|--------------|
| <b>Getting started</b> | First time using Personify mobile app                                      | 100          |
|                        | Complete the personal health assessment *required to begin earning points  | 250          |
|                        | Connect/sync first activity device                                         | 100          |
| <b>Daily</b>           | Upload steps from your activity tracker (per 1,000 steps)                  | 10           |
|                        | Do your Daily Cards (2 per day)                                            | 40           |
|                        | Track your Healthy Habits (3 per day)                                      | 30           |
|                        | Track sleep nightly                                                        | 20           |
|                        | Sleep > 7 hours in a night                                                 | 50           |
|                        | Sync 30 active minutes                                                     | 100          |
|                        | Complete Journey step                                                      | 20           |
| <b>Monthly</b>         | ★ Complete 10 Daily Cards in a month                                       | 100          |
|                        | ★ Complete 20 Daily Cards in a month                                       | 200          |
|                        | ★ Track Healthy Habits 20 days in a month                                  | 200          |
|                        | ★ Track sleep 20 days in a month                                           | 200          |
|                        | ★ 20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes | 500          |
|                        | Take validated measurements and report it monthly                          | 100          |
|                        | Complete a video or audio experience (up to 4 per month)                   | 50           |
| <b>Quarterly</b>       | Set your interests once per quarter                                        | 50           |
| <b>Yearly</b>          | Annual Preventative Exam                                                   | 250          |
|                        | Cancer Screenings (Cervical, Mammogram, Colon and Prostate)                | 250          |
|                        | Flu Shot                                                                   | 100          |
|                        | A1c                                                                        | 150          |
|                        | Kidney Function Test                                                       | 150          |

## ★ Earn bonus points!

Signing in and completing activities daily really pays off. Look for activities with a star. Engaging in these activities multiple times in a month earns you extra points.

## Who's eligible?

All subscribers and enrolled spouses are eligible to participate in the wellbeing program and earn rewards.

Beginning 01/01/26, sign up at  
[join.personifyhealth.com/BCBST](https://join.personifyhealth.com/BCBST)