

Individuals & Families – VitalizeSM in Partnership with Personify Health

Wellbeing for all is now within reach.

Member Guide

Quick Start Guide

Vitalize Overview Flyer

Rewards Flyer

Rewards Cash Flyer



5 easy steps to get started with VitalizeSM

- 1 Register or log in to your account at [UniveraHealthcare.com/login](https://univerahealthcare.com/login).
- 2 From the main menu, click on the **Health and Wellness** tab, and then on **Vitalize**.
- 3 From this page, click on **"Experience Vitalize."**
- 4 Once on the Personify Health landing page, complete the registration process.
- 5 **Congrats!** You have now created your account and can start setting up your profile, connecting a fitness tracker, and setting your interests.

Don't forget to download the Personify Health mobile app for iOS or Android to access your account and track your activity anywhere, anytime.

VitalizeSM in partnership with Personify Health Wellbeing for all is now within reach

Meet Vitalize, a digital platform that places the power to live better at Western New Yorkers' fingertips. By partnering with Personify Health, Univera Healthcare is making it easier for you to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. You'll build healthy habits, have fun with friends and experience the lifelong rewards of better health and wellbeing.

Within Vitalize, employees will have the ability to:

- Connect a fitness tracker so they can log activity and watch for small improvements over time.
- See a clear picture of their health by completing the online Health Check, a certified health risk assessment.
- Set their interests by choosing to work on an area that matters the most to them, like eating habits, sleep, physical activity, relationships, or finances.
- Add friends and family, connecting with up to 10 others to help encourage and motivate one another.
- Rally 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.
- Use Journeys[®] digital coaching to make simple changes to their health, one small step at a time.

Vitalize is now included as a part of your health plan. Log into your member account to get started. Member.UniveraHealthcare.com

VitalizeSM 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 \$400 in Rewards Cash in 2024.

Earn up to \$200 or 400 per year!

Complete this activity to earn Rewards Cash for 2024:

Complete by December 31, 2024*	Complete the Health Check	\$25
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Participate in additional healthy activities throughout the year to earn points and watch your Rewards Cash add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	40,000	60,000	
Rewards Cash	\$15	\$35	\$55	\$70	\$175

*For Essential Plan members, complete by the end of your program year.
*\$200 per subscriber and \$200 per spouse or domestic partner. The spouse/domestic partner benefit is not available with the Essential Plan.

Your hard work pays rewards

Redeem your Rewards Cash today!

You have been working hard to improve your health and wellbeing. Now it is time to get your reward. There are three ways for you to cash in.

- Visit the Personify Health Store to select a gift.
- Redeem your points for a gift card.
- Donate your reward to charity.

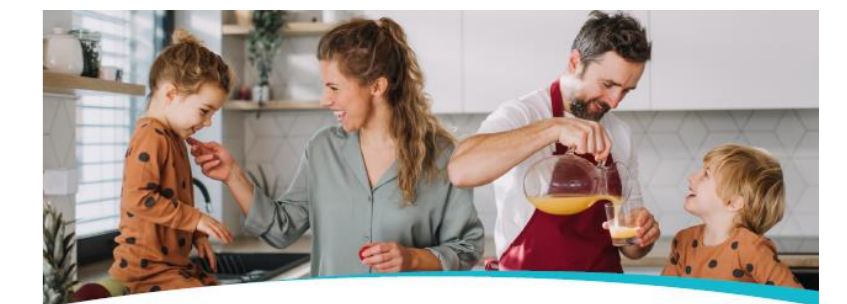
Step-by-step directions are provided on the other side for any of these options. Not enrolled in VitalizeSM yet? Log in or create your online account at UniveraHealthcare.com.

Questions?

- Web: support.personifyhealth.com
- Email: support@personifyhealth.com
- Live chat: member.personifyhealth.com Monday–Friday, 2 a.m.–9 p.m. ET
- Call: 888-671-9395 Monday–Friday, 8 a.m.–9 p.m. ET

Rewards Cash is considered taxable income. All purchases made using the Personify Health Store are final. Once an order has been placed and submitted, it cannot be cancelled, returned, or refunded. If you have any questions regarding this policy, please feel free to contact our Member Services team via phone or chat.

Foodsmart & Nutrition



Get to know Foodsmart through VitalizeSM

Foodsmart is a digital nutrition platform with tools that make it easy to eat well!

How it works

- NutriQuiz**: See how your eating habits stack up and instantly get personalized tips and recipes.
- Recipes**: Our vast database of recipes has plenty for everyone's preferences, time, and budget.
- Grocery list**: A digital grocery list is automatically created for your selected recipes.
- Favorites**: Add your favorite recipes so you can easily find them whenever you want.
- Blog**: Educational tips and resources from Foodsmart's experts to help you eat your best.

Click the links to learn more.



Right here. For you.



Because health is personalTM



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