

# Vitalize<sup>SM</sup> In Partnership with Personify Health

Vitalize is a digital home base dedicated to engaging teams in health and wellbeing. Our partnership with Personify Health gives employees the tools to make small, everyday changes to their wellbeing that are focused on the areas they want to improve the most. They'll build healthy habits, have fun with friends, and experience the lifelong rewards of better health and wellbeing



**Wellbeing for all  
is now within reach.**  
See how Vitalize<sup>SM</sup> can help  
you care for your team – and your business.

Large Group



Vitalize<sup>SM</sup>

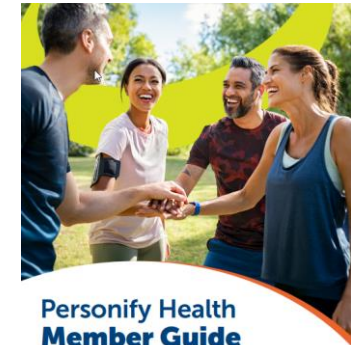
[Large Group Employer Brochure](#)



Member Materials:

- [Overview Member Flyer](#)
- [Vitalize Quick Start Guide](#)
- [Personify Rewards Flyer](#)

- [Member Guide](#)



**Personify Health  
Member Guide**





**Help employees manage more aspects of wellness, more easily.**

Stress takes a big toll on a person's mental, physical, and emotional health. An innovative resource manages stress and overcomes it.

**HeadSpace for Work**  
The mental health benefits program, all while cultivating hundreds of meditation and wellness habits building and helping in:  
• Learn to manage feelings and emotions  
• Includes preventive support for depression, and more  
• Boost focus with music and more

**Users Reported**

- Cut stress 32%**  
Less stress after 30 days of HeadSpace
- 24 lbs.**  
Average weight loss when using Moni
- 7.8**  
Monthly average class days per engaged member

**Wellbeats Wellness Essential**  
Fitness, nutrition, and mindfulness – Wellbeats Wellness, a product of LifeSpeak, is a body type, and ability to the wellbeing community.

**Enrich**  
Empower financial wellbeing  
Enrich empowers people to make effective personal finance, student loan, and career decisions throughout their lives. Enrich also helps organizations empower their members to become financially well, helping them live happily within their means and enabling them to plan for long-term financial goals.

**Wellbeats Digital Coach**  
Discover a curated collection of a nutrition, and mindfulness classes population. With classes engaging walking, nutrition, cycling, and more.

**Goal-based program**  
Stay motivated and on track with support employees on their health results. These programs provide specific health and wellness goals.

**Certified instructors**  
Access education-based classes available experts for a supportive experience.

**Results & rewards**  
Improve your members with real-time feedback that supports decision-making across budgets, personal finance, health, retirement, and more. Members can earn rewards through the Personal Health platform when they complete a course, course or receive their budget, or complete financial wellness activities.

**Award-winning platform for student loan tools**  
Enrich platform helps with student loan aggregation and repayment analysis to help eliminate the stress members feel when managing repayment options.

## Certified Partner Flyers:

- [Headspace](#)
- [Moni](#)
- [Wellbeats](#)
- [Enrich](#)

Click the links to learn more

**Vitalize 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 \$500 in Rewards Cash. The subscriber and their spouse or domestic partner can participate in the following activities to earn rewards.

**Complete this activity to earn Rewards Cash**

Activity	Rewards Cash
Complete the end of your program	\$20
Complete the Health Check	\$20

**Participate in additional healthy activities throughout the year to earn points!**

Points	Level 1	Level 2	Level 3	Level 4	Total rewards per year
Points	1,000	21,000	40,000	60,000	
Rewards Cash	\$10	\$40	\$60	\$75	\$185

**Earn up to \$500 per year!**

**univera HEALTHCARE**

Right here. For you.

## Vitalize Rewards Member Flyers:

- [Vitalize Rewards 1](#)
- [Vitalize Rewards 2](#)
- [Vitalize Rewards 3](#)
- [Vitalize Rewards 4](#)
- [Vitalize Rewards 5](#)



# Large Group Rewards Program



Our suite of rewards programs gives you the flexibility to choose what programs are right for employees. Ask your Univera Healthcare account manager about these and other available sales tools & resources.

## Vitalize

Employees can engage with Vitalize, a digital platform that enables healthy living – connect a fitness tracker, get a clear picture of their health with a certified Health Risk Assessment, called a Health Check, set interests by choosing areas of health that matter most to them, add friends and family, rally coworkers, and use digital coaching. Digital experiences can be tailored to your employees needs.

## Univera Fit Dollars

Employees can earn up to \$300 in reimbursements for health club memberships, at-home fitness equipment, online fitness subscriptions, children’s fitness activities, individual adult classes & lessons (tai chi, yoga, etc.), and weight management programs.

## Dental Rewards

Employees can earn up to \$300 annually as a reward, just for going to the dentist. Your employees simply register online, provide proof that they completed eligible dental services, such as a dental cleaning or exam, and their rewards will be sent in the mail.

## Wellness Your Way

Employees and their families can earn up to [\\$100](#), [\\$200](#), [\\$300](#) or [\\$500](#) annually as a reward, just for being members. Your employees simply register online, and their debit card will be sent to them in the mail. The debit cards can be used anywhere, which gives your employees the flexibility of choosing the healthy programs that are right for them.

A large blue double-headed vertical arrow spanning the height of the four program boxes. The text "Employee Engagement" is written vertically in white along the center of the arrow.

Employee Engagement