



CHOC FIT WITH PERSONIFY HEALTH

Rewarding in every way

We'll help you make small, everyday changes for your well-being and focus on the areas you want to improve the most. With CHOC Fit, you'll build healthy habits and experience the benefits of these lifestyle choices.

Take advantage of personal coaching in 2025!

During confidential one-on-one phone sessions, Personify Health coaches will help you manage your emotional health, build resilience and grow your well-being.

Our suite of services will help you find your center and focus on you. Whether you're looking for lifestyle support, guidance on managing stress or help managing a chronic condition, CHOC Fit will meet you where you are.

Who's eligible?

All benefits-eligible employees and spouses are eligible to participate in CHOC Fit and earn rewards.



Meet your partners in health

Check out the suite of services available to our associates.



Health Check

The **Health Check** asks questions about your current health status and well-being habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain your well-being. You'll find the survey under the **Health** tab.



Headspace

Mindful living is about much more than sitting down to meditate. Headspace offers one-on-one mental health coaching via text, easy access to appointments with clinicians, and mindfulness and meditation exercises to help you feel like your best self. Whatever today brings, you can choose to be present for all of it.



Physical Activity

With over 1,000 expert-led virtual fitness classes, **Wellbeats** has something for every age, stage, interest and ability level. The nutrition category features cooking tutorials and recipes, while mindfulness classes focus on meditation, breath and movement.



Pregnancy & Parenting

Ovia Health provides expert content and tips as well as personalized health insights during some of life's biggest transitions, like starting a family, navigating pregnancy and balancing life as a working parent.

Transform

Find out today if you are eligible for Transform, a specialized well-being program that provides personalized support just for you. If you qualify, you'll have access to free and personalized support for diabetes prevention and high blood pressure.



Pain Management

Kaia Health is a digital therapy program that combines exercise and mindfulness to manage pain in a natural way. Kaia Health offers built-in vision technology that provides real-time corrective exercise feedback using your phone camera.



Biometric Screenings

Get vital health information by completing a convenient 10-minute biometric screening at a **Quest Diagnostics** lab. You'll learn key health measures such as blood pressure, cholesterol and BMI, as well as your risk for developing chronic conditions such as diabetes and heart disease.



Weight Management

Noom is a weight loss program that helps you change your habits and mindset around food. With daily lessons tailored to your personal goals, you'll have the knowledge and tools to build long-lasting behaviors.

Coaching

Try one-on-one coaching for practical guidance and answers to all your health and well-being questions. Connect with a coach to set meaningful goals, overcome obstacles and get constructive advice. Personify Health coaches can help uncover your motivation and provide accountability for a healthier lifestyle. Go to the **Health** tab and choose **Coaching** to get started.



How to get started

- Step 1** Sign up for your **Personify Health account** by going to join.personifyhealth.com/CHOC. 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

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	10,000	30,000	45,000	70,000	
Medical Plan Rewards	\$75 Premium Discount	\$75 Premium Discount	\$75 Premium Discount	\$75 Premium Discount	\$300 Premium Discount
Nonmedical Plan Rewards	\$50 in Rewards Cash	\$50 in Rewards Cash	\$50 in Rewards Cash	\$50 in Rewards Cash	\$200 in Rewards Cash*
Spouse/domestic partner Rewards	\$25 in Rewards Cash	\$25 in Rewards Cash	\$25 in Rewards Cash	\$25 in Rewards Cash	\$100 in Rewards Cash

*Rewards Cash can be exchanged for gift cards.

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:
Daily	Track your daily steps	Up to 140
	Log all your meals with Noom	50
	Track sleep nightly	20
	Track your Healthy Habits	10
Weekly	Complete a Kaia class**	100
	Complete a Wellbeats program	300
Monthly	Complete a coaching session** (3 sessions total)	1,500
	Complete a Journey®	150
Yearly	Visit your physician and complete your physical exam	3,000
	Complete a biometric screening with Quest Diagnostics	9,750

**Rewards only available to associates

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**.