



2025 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.

What you can earn quarterly:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Points	2,500	5,000	10,000	25,000
Enrolled Faculty, Staff & Spouses	\$10 HRA	\$20 HRA	\$30 HRA	\$40 HRA
Non-Enrolled Faculty & Staff	\$5 Rewards Cash	\$5 Rewards Cash	\$5 Rewards Cash	\$10 Rewards Cash

2025 Bonus Incentives

Enrolled Faculty, Staff & Spouses
\$100 HRA
 Non-Enrolled Faculty & Staff
\$20 Rewards Cash

How to earn the bonus incentive:

Complete 2 of the following 3 activities:

- My Care Checklist (3 preventive activities)
- 1 RethinkCare session per week for 16 weeks
- 9 Transform consecutive weeks of active engagement*

Additional earning potential (up to \$480/year) – Enrolled faculty, staff & spouses

Complete the Personal Health and Well-being Assessment (PHA) and a verified Biometric Screening to earn a monthly premium credit.



*Engage in the first 9 weeks of Transform. Must complete at least 2 of the following activities each week: lesson with quiz, connect with coach, group chat, food log, or weigh in. For more information, visit yp4h.osu.edu/transform.



Ways to earn:

There are many more ways to earn! Look for **Rewards** under the **Home** tab in your account for a complete list.

	Do healthy things:	Earn points:
Getting started	Add 5 friends	100
	First login to mobile app	750
	Connect first activity device	2,000
Daily	Browse healthy recipes	5
	Upload 1,000 steps from an applicable activity tracker (up to 140 points/day)	10
	Track Healthy Habits (up to 3/day)	15
	Do your Daily Cards (up to 2/day)	20
	Track sleep manually	25
	Sleep >7 hours in a night (validated)	70
Monthly	★ Track sleep 10 days in a month (validated)	100
	★ Complete 20 Daily Cards in a month	200
	Promoted Healthy Habit Challenge - Complete requirements	250
	★ Track Healthy Habits 20 days in a month	300
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	2,000
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Set a wellbeing goal	250
	Complete any Journey (up to 3/quarter)	500
	Health Coaching - Review or set a SMART goal with a health coach (up to 4/quarter)	500
Annually	Complete the Nicotine-Free Agreement	200
	Race Bonus - Verify completion of officially organized race (5k or longer) (up to 8/year)	500
	Group Health Coaching or EAP - Complete series (up to 4/year)	1,500

★ 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?

Benefits-eligible faculty/staff and their enrolled spouses are eligible to participate in Your Plan for Health to earn rewards.



Not a member yet? Sign up today at go.osu.edu/yp4hquickstart or scan the code to download the app.

Have questions? We're here to help.

- Give us a call: **(833) 556-6287**
Monday–Friday, 8 am–9 pm ET
- Send us an email: osusupport@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**.