



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:
Getting started	First time using Personify mobile app	100
	Complete the personal health assessment *required to begin earning points	250
	Connect/sync first activity device	100
Daily	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
Monthly	★ 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
Quarterly	Set your interests once per quarter	50
Yearly	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