



MY
WELL-BEING

personify
HEALTH



What's new for 2026

The 2026 MyWell-Being Program is 10 months this year.
Participate **Nov. 1, 2025 through Aug. 31, 2026** to earn your incentive.



Take steps to live better everyday with **MyWell-Being**.
Join us and be your best self all year long.

- 1** **Join today** by scanning the QR code above, or by visiting join.personifyhealth.com/BannerHealth.
- 2** **Download the Personify Health mobile app** for iOS or Android. You'll earn bonus points the first time you log in.
- 3** **Connect an activity tracker** to receive credit for your steps, active minutes and sleep. Platform syncs with many devices and apps such as Apple Health, Fitbit, Withings, Misfit, etc. **NOTE: This is not required**
- 4** **Upload a profile picture** and add friends and colleagues.
- 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more.
- 6** **Participate in the MyWell-Being Program daily to earn your well-being incentives.**

Earning potential (Team members enrolled in a medical plan)

*Point levels have been adjusted to reflect the 10-month program.

Date of hire	Points achieved and discount earned				Deadline
	25,000 Level 1	40,000 Level 2	55,000 Level 3	80,000 Level 4	
Current team members	\$20 month	\$35 month	\$50* month	Incentive & drawing entry	Aug. 31, 2026
Q1 (Jan.1 - Mar. 31, 2026)	\$20 month	\$35 month	\$50* month	Incentive & drawing entry	
Q2 (April 1 - May 31, 2026)	\$35 month	\$50* month	Incentive & drawing entry	--	
Q3 (June 1 - July 31, 2026)	\$50* month	Incentive & drawing entry	--	--	
Q4 (Aug. 1 - Dec. 31, 2026)	Automatically granted \$50/month incentive in 2027				N/A

*The total premium discount will be \$50/month with Comprehensive Dental and Value Vision plans for employee-only coverage at no cost. Non-medical plan team members, as well as residents and fellows, will receive a \$180 one-time taxable cash award in 2027. Benefits eligible team members not enrolled in a medical plan can also earn the free dental and vision plans, in addition to the cash award.

How to earn

MyWell-Being is for everyone — simply make healthy decisions to earn points towards your well-being incentive. The more you make, the more points you receive. See full list of point opportunities in the Rewards section of the MyWell-Being platform.

		Points
Daily	Upload steps from your compatible device or mobile app per 1,000 steps	10
	Do your daily cards	20
	Track your Healthy Habits	10
	Complete a mindfulness session	20
Monthly	Watch video from the Personify Health Media library 4x/month	20
	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps 20 days in a month	400
Quarterly	Personify Health Nutrition Guide - Choose your eating type	250
	Set your interests	250
	Well-Being classes 10x/quarter	100
Yearly	Complete an Annual Wellness Exam	5,000
	Completed Health Check Survey	1,000
	Complete financial wellness checkup with Fidelity 1x/year	1,000
	Participate in a MyCommunity activity (community walk/run, volunteering, culture event, blood drive, etc.) 10x/year	200
	Preventive screenings 3x/year	2,000

Questions?

Email BHMyWell-Being@bannerhealth.com or contact your facility's [well-being coordinator](#). Find us on VivaEngage@MyWell-Being. Chat with Personify Health: member.personifyhealth.com 2 a.m. – 9 p.m., EST, Monday – Friday. Call Personify Health: 844-982-2217 | 8 a.m. – 9 p.m., MST, Monday – Friday