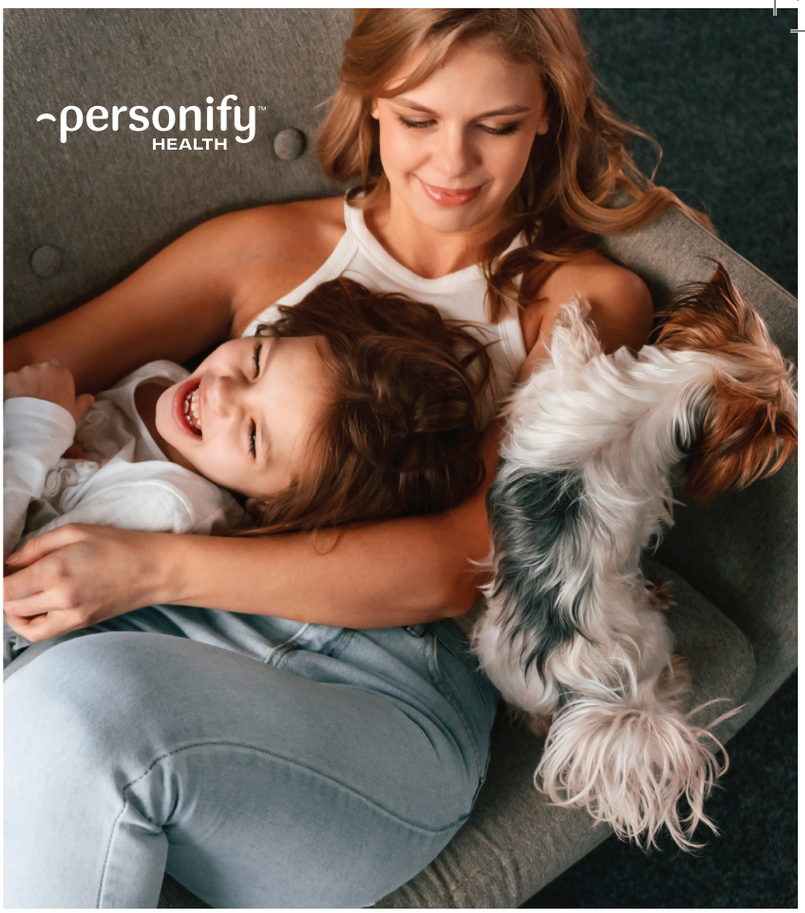
MY
WELL-BEING









What's new for 2027

The 2027 MyWell-Being Program is 12 months long this year. Participate **Sept. 1, 2026 through Aug. 31, 2027** 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 Andriod. 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, Oura, Fitbit, Strava, 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)

Date of hire	Points achieved and discount earned				Deadline
	30,000	50,000	70,000	100,000	
Before Feb. 1, 2027	$20 month	$35 month	$50* month	Incentive & drawing entry	Aug. 31, 2027
Feb. 1 - April 30, 2027	$35 month	$50* month	Incentive & drawing entry	--	
May 1 - July 31, 2027	$50* month	Incentive & drawing entry	--	--	
Aug. 1 - Dec. 31, 2027	Automatically granted $50/month incentive in 2028				N/A

***The total premium discount will be $50/month with Comprehensive Dental and Value Vision plans for employee-only coverage at no cost.**

Note: Non-medical plan team members, as well as residents and fellows should check Banner Connect for how they can earn a $180 one-time taxable cash award in 2028. Benefit 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 **2x/day**	20
	Track your Healthy Habits **3x/day**	10
	Complete a mindfulness session	20
	Watch video from the Personify Health Media library	20
Monthly	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	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

Banner Health