



Earn up to  
**\$500**  
in rewards!

# Leidos Well-being Program

The Leidos well-being program helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

## How to join

- Go to [join.personifyhealth.com/leidos](https://join.personifyhealth.com/leidos)
- Accept the terms and conditions
- Download the Personify Health app from the App Store or Google Play



## Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Personify Health app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

## Getting started

You've joined the well-being program—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

### Personalize your experience

Go to the **More** tab and discover the many ways you can customize your well-being program. Connect your activity tracker or another well-being app and set your topics of interest to make your experience focus in on what matters to you most.

### Complete the 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 and improve your well-being. You'll find the survey under the **Health** tab.

**Note:** You must complete the Health Check to earn rewards.

### Biometric Screening

Get vital information about your overall health, including cholesterol, glucose, blood pressure and more. Complete your screening by visiting your physician and returning the completed Health Screening Form. Get more information on your **Benefits** page today.

### Coaching

Looking for additional help? Try personal coaching for one-on-one support, practical guidance and answers to your questions. Connect with a coach to set goals, overcome obstacles and get constructive advice. Go to the **Health** tab and choose **Coaching** to get started.

# Rewards

	Points	HSA Deposit
LEVEL 1	7,000	\$50
LEVEL 2	25,000	\$100
LEVEL 3	40,000	\$150
LEVEL 4	60,000	\$200

## Complete these priority activities to earn HSA contributions:

	Health Assessment
<b>Complete by November 30, 2025</b>	Complete the Leidos Integrity Pledge
	Review the Leidos Mission, Vision and Values

## Finish your priority activities to unlock your rewards and continue earning them!

### Have questions? We're here to help.

- Check out [support.personifyhealth.com](https://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](mailto:support@personifyhealth.com)

Not sure if you can fully participate in this program because of a disability or medical condition? Visit [support.personifyhealth.com](https://support.personifyhealth.com) and search Medical Exceptions.

## Sample earning opportunities

It's easy to earn rewards by making healthy decisions.

Choose your healthy activities and watch your points add up!

	Ways to earn	Points
<b>Daily</b>	Take 7,000 steps in a day	70
	Track your Healthy Habits	10/habit
<b>Monthly</b>	Track your Healthy Habits (20 days during the month)	300
	Complete a coaching call	500
<b>Quarterly</b>	Complete a Journey	150
	Choose your eating type	250
	Choose your sleep profile	250
<b>Yearly</b>	Set a well-being goal	200
	Complete your BioScreening	5,000
<b>Medical Preventive Screenings</b>	Get a preventiv colonoscopy screening	5,000
	Get a preventive mammogram	5,000
	Get a Well adult or Well women screening	5,000

## Additional activities

**Prioritize and personalize your experience by engaging in resources to help improve your well-being:**

**Daily Cards:** Get helpful tips that are relevant to your current interests and goals.

**Journeys®:** Try this digital coaching program to make simple changes to improve your health, one step at a time.

**My Care Checklist:** My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of health checkups, all in one place.

**Nutrition Guide:** Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

**Sleep Guide:** What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.