Earn up to $500 in rewards!

Leidos Well-being program

The Personify Health 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**
- 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 and signed in—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.

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	Rewards Cash
LEVEL 1	7,000	$50
LEVEL 2	25,000	$100
LEVEL 3	40,000	$150
LEVEL 4	60,000	$200
Total rewards per year		**$500**

Complete these priority activities to earn rewards:

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

Have questions? We're here to help.

- Check out **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**

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.

Sample earning opportunities

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your points add up! Then redeem your Rewards Cash for gift cards, donate it to charity, or spend it on fitness accessories and more in Personify Health Store. Rewards Cash is yours to accumulate and redeem when you're ready, and it doesn't expire.

For a full list of ways to earn, go to **Rewards** > **How to Earn**.

	Ways to earn	Points
Daily	Take 7,000 steps in a day	70
	Track your Healthy Habits	10/habit
Monthly	Track your Healthy Habits (20 days during the month)	300
	Complete a coaching call	500
Quarterly	Complete a Journey	150
	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Set a well-being goal	200
	Complete your biometric 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.