



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
- 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 Assessment

The Health Assessment asks questions about your current health status and well-being habits. Once it's completed, you'll see your health score, learn about possible health risks, get practical tips to help you improve your well-being and earn 4,000 points. Go to the **Health** tab to find the Health Assessment survey.

Note: You must complete the Health Assessment 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 to earn 5,000 points. 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
LEVEL 2	25,000
LEVEL 3	40,000
LEVEL 4	60,000
Total rewards per year	\$500

Employees must complete these priority activities to earn rewards:

Complete by November 30, 2026	The Health Assessment
	The Leidos Integrity Pledge
	Review the Leidos Mission, Vision and Values

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: This handy healthcare tracker 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.

Media Library: Explore a wide range of video and audio content designed for all fitness levels and wellbeing goals. Access it easily on web (Home > Media) or mobile (More > Media), and earn 50 points monthly.

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

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.