



BE HEALTHY CHECKLIST

Texas Health offers a variety of ways to support your journey to better well-being. Choose from activities that best support your goals and earn rewards. Employees enrolled in medical coverage through Texas Health may earn up to \$600, and enrolled spouses may earn up to \$175. Unless otherwise noted, most activities can be completed **Jan. 1–Dec. 31**.

Check out what's new in 2026

	Activity	How to Participate and Earn Rewards	Employee Reward (\$600 max)	Spouse Reward (\$175 max)	
Physical Well-being	Wellness/Preventive Exam	Complete the exam or screening through a provider on your Texas Health medical plan. Your reward is processed automatically within 8 weeks.	\$100	\$50	
	Complete a Healthy Pregnancy Program*		\$50	\$25	
	Breast Cancer Exam		\$50	\$25	
	Colon Cancer Screening		\$50	\$25	
	Preventive Dental Exam**		Complete an annual exam, and then visit Personify Health. Go to your Rewards page. Select the activity and complete the form.	\$25	\$10
	Annual Eye Exam**			\$25	\$10
	Complete 3 Noom Coaching Sessions	In Personify Health, go to the Benefits tab and select Noom Weight to enroll. Complete three coaching sessions, then go to your Rewards page. Select this activity and complete the form.	\$25	\$25	
	Complete the Health Check Survey	In Personify Health, go to Health tab. Select Surveys and complete the Healthy Check survey.	\$25	\$10	
	Personify Health Activities:	<p>To track calories, sleep or steps: In Personify Health, go to your profile, then Devices and Apps to sync your compatible Bluetooth tracking device.</p> <p>To complete a journey: In Personify Health, go to Health tab, then Journeys. Select and complete a Journey.</p> <p>To complete a Spotlight Challenge: In Personify Health, go to Social tab, then Challenges. Join and complete a quarterly Spotlight Challenge and reach your goal within the time limit.</p>	\$25 each; complete any combination of these activities up to 4 times for a maximum of \$100	\$10 each; complete any combination of these activities up to 4 times for a maximum of \$40	
	<ul style="list-style-type: none"> Track calories 20 days in a month Track sleep 20 days in a month Track 7,000 steps OR 15 active minutes OR 15 workout minutes 20 days/month Complete a Journey Complete a Spotlight Challenge 				
Be Healthy Biometric Screening	Register for a screening in Personify Health. Select Benefits tab, select the Be Healthy Biometric Screening.	<p>Screening Options:</p> <p>1) Quest Patient Service Center (reward processes automatically)</p> <p>2) Your doctor's office (download form, complete screening with provider, upload form for processing)</p> <p>For missed metric(s), complete a reasonable alternative to earn full rewards. Visit BeHealthyTHR.org for details.</p>	\$100 for completing screening + \$50 per metric met (Up to \$300 total)	N/A	
<ul style="list-style-type: none"> LDL Cholesterol (<100) Blood Pressure (<120/80) Fasting Blood Sugar (<100) Waist (<35" Female, <40" Male) <p>Available Feb. 1–Nov. 30</p>					
Financial Well-being	Complete a Fidelity Advisor Session	Go to netbenefits.com/thr to schedule your free one-on-one session. After you complete your session, go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	N/A	
	Complete a SoFi Financial Planner Session	Schedule and complete a session at Sofi.com/at-work/financial-planners/ . Go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	N/A	
Mental Well-being	Complete an EAP Self-Care Check-In Session	Go to BeHealthyTHR.org/events to find a scheduled session. After you complete your session, go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	N/A	
	Complete a Headspace Course	Complete a course in the Headspace mobile app. Go to the Rewards page in Personify Health. Select this activity, then complete the form.	\$25	\$10	
Social Well-being	Complete a Personify Health Peer-to-Peer Challenge	In Personify Health, select Rewards on home page. Join or create a peer-to-peer challenge, then complete the challenge.	\$25	\$10	



Personify Health

Our Be Healthy program activities and rewards is powered by Personify Health. Through the website or app, you can:

- Complete activities and challenges
- Set goals and track your progress
- Connect and compete with friends
- Build healthy habits over time

Both employees and spouses enrolled in medical coverage through Texas Health have access to Personify Health.



Use the camera on your smartphone to scan and download the Personify Health app.



Schedule Your Annual Exams

One of the best decisions you can make for your health is to get check-ups and screenings every year. Your doctor may be able to identify your risk for future medical issues.

- Annual wellness exam with your primary care doctor
- Dental exams
- Eye exams
- Age-appropriate cancer screenings: breast cancer, skin cancer, colon cancer, etc.



Well-Being Resources

Texas Health offers many benefits and resources to support your well-being. Check it out by visiting BeHealthyTHR.org and selecting Well-Being Resources under the Quick Links.



Use the camera on your smartphone to scan for resources that support your well-being.

Get Support



Visit BeHealthyTHR.org/be-healthy for more details



Email us at BeHealthyTHR@TexasHealth.org



Call **1-877-MyTHRLink** (1-877-698-4754), select prompt 9



For questions regarding a reward status, platform or access issues, etc., email support@personifyhealth.com



Texas Health[®]



*You must enroll by the 16th week of pregnancy, then finish all elements of the program. To enroll, call 1-877-698-4754, press 2, then either select 1 for Early Steps through Quantum Health or select 2 for Maternity Support through UnitedHealthcare.

**Employees enrolled in medical coverage with Texas Health are eligible to earn this reward even if you are not enrolled in dental or vision coverage with Texas Health.

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