

# Build a better you

We are excited to take EPC's Reach Your Peak Wellness Program to the next level in 2025. This program will help you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. When you participate in the program, you'll build healthy habits, have fun with coworkers, and experience the lifelong rewards of better health and wellbeing.

## What's in it for you:

- The opportunity to earn rewards each quarter.
- Access to personalized tools and support to meet your wellbeing goals.

## **New Point Earning Opportunities:**

- Train with an EPC Fitness Coach
- Professional Development Classes offered by Human Resources





# **Reach Your Peak Rewards**

Earn points by participating in program activities and making healthy decisions. The more you participate, the more points and rewards you'll earn. Challenge your wellbeing by achieving all four levels each quarter and earn four prize drawing entries. RYP+ members (Medical Plan Participants) will be eligible to earn contributions to their HRA account in addition to prize drawing entries.

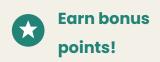
What you can earn at each level, each quarter:					Max
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Quarterly
Points	1,000	5,000	12,000	20,000	Rewards
Rewards for Everyone	1 Drawing Entry	1 Drawing Entry	1 Drawing Entry	1 Drawing Entry	4 Drawing Entries
Rewards for RYP+ Members	\$15 HRA	\$25 HRA	\$35 HRA	\$50 HRA	\$125 HRA
	Annual	\$500 HRA			
		\$100 HRA			

## Ways to earn:

New ways to earn in 2025!

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Daily	Upload steps from your activity tracker (per 1,000 steps)	10-140
	Do your Daily Cards (2 per day)	20
	Complete a Journey Step	20
	Track sleep manually or upload from your sleep tracker	10-20
	Track your Healthy Habits (3 per day)	10
Monthly	Win the promoted Healthy Habit Challenge	200
	Complete 20 Daily Cards in a month	200
	Track Sleep 20 Days in a Month	200
	Track Healthy Habits 20 days in a month	300
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
Quarterly	Participate in a Community Wellness Event (3 per quarter)	250
	Learn n' Earn Webinar (1 per quarter)	1,000
	4 Visits with EPC Fitness Coach (1 per quarter - employees only)	1,000
	Complete 1-hr HR Professional Development (1 per quarter - employees only)	1,000
	Complete 3-hr HR Professional Development (1 per quarter - employees only)	2,000
Yearly	Complete 3 Preventive Care Activities (My Care Checklist)	300
	Complete the Health Check Survey	500
	Complete 4-Visit course with Condition Management Nurse (2 per year)	5,000



Want to unlock the rewards at Levels 2, 3 & 4 quicker? Do healthy things every day and earn big rewards each month. Look for this symbol for a sampling of what you can earn.



Not a member yet?

## Step 1

Sign up for your Personify Health account by going to

join.personifyhealth.com/reachyourpeakepc or by downloading and opening the Personify **Health app** and selecting **Create Account**.

#### What is my Employee ID?

- All Full-Time EPC employees: 6-digit Employee ID found by logging in to Kronos, click My Reports, then View Report, your ID is listed next to your name.
- Pre-65 Retirees: Email <a href="mailto:reachyourpeakepc@elpasoco.com">reachyourpeakepc@elpasoco.com</a> or call 719-520-7486.
- **Spouses:** Your EPC spouse's 6-digit Employee ID + S. Example: 123456S

### Step 2

**Connect a device or app** to get credit for your wellbeing activities like steps, nutrition, and sleep. We sync with many trackers, such as Apple Health, Fitbit, and Health Connect, just to name a few.

## Step 3

**Upload a profile picture** and add some friends.

## Step 4

Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

## Step 5

**Download the Personify Health mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Scan the QR code to download the app.



## Have questions or need help enrolling?

Contact Personify Health at <a href="mailto:support@personifyhealth.com">support@personifyhealth.com</a> or 888-671-9395.



## **Engage in activities that fit your interests**

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

#### Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends and challenge one another to start a new healthy habit.

#### **Daily Cards**

Every day, we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

#### **Health Check**

This short, confidential survey accesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellbeing.

#### **Healthy Habit Tracker**

Healthy Habits offer you bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful.

#### Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

#### **Media Library**

With a large catalog of curated videos, led by our team of trainers and coaches, we're here to help you reach your wellbeing goals. Whether you are looking for exercise, mental wellbeing, nutrition or sleep content, we got you!



#### **My Care Checklist**

My Care Checklist helps you keep track of your healthcare activities, all in one place. You'll earn rewards for doing activities on time. Plus get reminders to stay up to date.

#### **Physical Activity**

Use a fitness tracker to monitor your steps. Plus, keep track of your workouts and active minutes. Then challenge yourself to take it up a notch!

#### **Shoutouts**

Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

#### **Social Groups**

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

#### **Topics of Interest**

We've made it simpler than ever to get to the information you want. Explore the section to find what you need – fast.

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

Reach Your Peak Program Questions:
ReachYourPeakEPC@elpasoco.com

#### Personify Health Technical Help:

- Check out support.personifyhealth.com
- Live chat on app.personifyhealth.com:
   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? Check out our support page for answers at

support.personifyhealth.com.