



**Earn rewards
for
participation!**

2025 Reach Your Peak Wellness Program

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



EL PASO COUNTY
Reach Your Peak Wellness Program

personify
HEALTH

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:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Max Quarterly Rewards
Points	1,000	5,000	12,000	20,000	
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 HRA Rewards from Points & Levels: \$125 x 4 quarters =				\$500 HRA
	Complete Annual RYP+ Health Consult =				\$100 HRA

Ways to earn:

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

★ New ways to earn in 2025!

	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



Earn bonus points!

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.



Signing up is easy

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 reachyourpeakepc@elpasoco.com 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 support@personifyhealth.com 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.