

Earn money on your Flexible Spending Account!

Colgate University

WELLNESS PROGRAM

It's time for the 2026-2027 Colgate University's Wellness Program relaunch! 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.

Why are we doing this? We deeply care about your health and wellbeing, and want you to build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

- Earn $300 on your flexible spending card!
- *New Hires (9/1/27-10/1/27) = $150 on your flexible spending card!*
- Access personalized tools and support to meet your wellbeing goals.

personify™ HEALTH

Download the app to get started.



How to get started

Step 1 If you have already signed into Personify Health before (even if it was last year), sign in at app.personifyhealth.com or via app. Your user name is your Colgate University email. If you forgot your password, use the Forgot Password button.

If you have not been in the Personify Health platform before, you will need to create an account: **join.personifyhealth.com/cuwellprogram** or download the Personify Health mobile app. You will need your Colgate ID number (remove the leading zeros) found on your Colgate ID Card.

Step 2 **Accept the terms and conditions** and choose your email preferences to get the latest tips and information.

Step 3 **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition, and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

Step 4 **Upload a profile picture** and add some friends.

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.

Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place.

Be sure to sign in to your Personify Health app **at least once every 14 days** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Rewards

Earn 300 points by 11/30/27 to receive $300 on your flexible spending card! Complete the following required items to unlock rewards for other actions: Health Check Survey, Biometric Screening & MyCare Checklist (preventive exams). You can complete other healthy actions at any time but you won't see their points to your total until the required items are completed.

NEW HIRES:
Those hired between September 1 – October 31, 2027 are eligible for $150 on your flexible spending card by completing the Health Check survey & at least 150 points by 11/30/27.

Ways to earn:	Do healthy things:	Earn points:
Program Requirements	**Complete the Health Check survey** **Complete a Biometric Screening** **Complete 3 preventive care activities**	**150 Points**
Tobacco-Free	Complete the Nicotine-Free Agreement	**20 Points**
	Complete a Tobacco Journey	
Healthy Metrics	BMI or Waist Circumference	**20**
	Total Cholesterol	**20**
	Blood Pressure	**20**
	Blood Glucose	**20**
Challenges	Join the company challenge	**5**
	Win the promoted healthy habit challenge	**5**
	Creating a personal challenge	**5**
Journey	Complete a Journey	**15**
Activities	Track sleep 10 days in a month	**5**
	Track sleep 20 days in a month	**10**
	Track steps or active minutes 10 days in a month	**5**
	Track steps or active minutes 20 days in a month	**10**
	Take 7,000 steps 20 days in a month	**5**
	Take 10,000 steps 20 days in a month	**10**
	Connect first activity device	**5**
	Complete 20 Daily Cards in a month	**5**
	Complete a Healthy Event	**5**
	Colgate Rise and Hello Walking Challenge	**5**
	Complete a video or audio experience from your library	**2**

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Biometric Screenings

Complete your onsite biometric screening with LabCorp during the wellness year! This FREE screening can be completed at one of the onsite screenings, at your personal physician with the Physician Results Form or at a Lab Corp Patient Service Center. Sign up on the Personify Health platform, under Benefits>LabCorp.

Location: James C. Colgate Hall- Clark Room

- April 20, 2027- 7am- 1:30pm
- September 14, 2027- 7am-1:30pm
- October 5, 2027- 10:30-5pm
- October 26, 2027- 7am-1:30pm

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!

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.

My Care Checklist

My Care Checklist is a handy healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place. Go to Health>MyCare Checklist. The recommended preventive care appointments will be populated for you based on your age and gender- you can also add more by selecting Manage Health Solutions. Earn 150 points for each preventive care activity you complete (max of 3 per year).

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**