

RAMHIC Wellness Program

RAM has partnered with **Personify Health** to provide members with free access to a comprehensive online wellness program that provides the opportunity to **earn up to \$300 in rewards** for completing certain health care and wellness activities.

RAM Wellness Program Requirements

Completion of the following three steps will fulfill RAMHIC's wellness participation requirement and earn participants \$100 in rewards.

- **Step 1. Register your account:** visit join.personifyhealth.com/RAMHIC to register on the portal.
*Please note: Your unique passphrase is **helpful-panda-30**.*
- **Step 2. Complete Health Assessment Survey:** sign in to the Personify Health website, hover over the “**Health**” menu item, and click on “**Surveys**.” Click “**start**” to complete the Health Assessment.
- **Step 3. Attend Annual Physical:** sign in to the Personify Health website, click on “**Rewards**”, and under RAM Wellness Program Requirements click on “**Annual Physical Verification Form**” and then “**Take Me There**” to download your Health & Wellness Screening Form to be completed by your physician. Once completed and signed by your physician, follow the instructions on the form to submit to Personify Health. *Please note that forms will be processed, and you will receive a confirmation email, in 7-10 business days, with the reward then being triggered.*

Additional Rewards

Members may then earn up to an additional \$200 in rewards by completing qualified health care and wellness activities available further down the “**Rewards**” page. The additional rewards operate on a point-based system, with daily point earning opportunities converting to redeemable wellness dollars. These activities include (but are not limited to):

- Completing a Journey
- Setting a wellbeing goal
- Achieving daily steps
- Pairing a health tracking device
- Downloading the Personify Health App
- Setting a sleep profile
- Browsing healthy recipes
- Creating a personal challenge
- Completing a coaching session
- Tracking daily healthy habits.

All rewards may be redeemed on the portal for gift cards, merchandise, or donated to charity.

Need Help

Members that need assistance with registration, navigation of the platform, password resets, mobile app, website, etc. may contact Personify Health's Member Services at support@personifyhealth.com or start a live chat from the platform and one of Personify Health's agents will happily assist you.

