

# myWellness Tracker

Earn more with PEHP's newest wellness offering. Track your health and complete challenges to earn cash rewards!



**PEHP**  
Health & Benefits

PROUDLY SERVING UTAH PUBLIC EMPLOYEES



# myWellness Tracker



**myWellness Tracker** is a wellness tracking program for you and your PEHP-insured spouse. The goal of the program is to help you create or sustain healthy habits - and get rewarded for it!

## How does it work?

myWellness Tracker, based on the WellRight digital platform, is used to create fun and engaging health and wellness challenges. It helps you stay motivated and improve your overall wellbeing. Sync your wearable device or manually track challenges within myWellness Tracker. Access the program portal either on your desktop or through the app.

Most challenges are 30 days, designed to create and track habits - such as your nutrition, exercise, or finances - over an entire month.

myWellness Tracker is offered in addition to Healthy Utah, giving you an opportunity to "earn more."

PEHP Wellness rebates are still available outside of myWellness Tracker:

- » Know & Plan
- » Good For You
- » BMI Improvement
- » Blood Pressure Improvement
- » Diabetes A & B Rebates
- » Cholesterol Improvement
- » Tobacco Cessation
- » Wee Care

## Rewards

### Earn Points - Get Cash

Points are awarded for completing challenges, helping you work towards three achievement levels. You earn \$50 for each level you reach - that's up to \$150 each plan year! PEHP sends you (the insured employee) a check at the end of the plan year for your accomplishments. FICA tax is withheld from all payments.



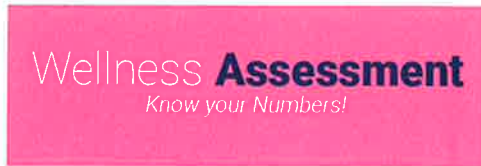
You have earned **1050** points!



# Challenges

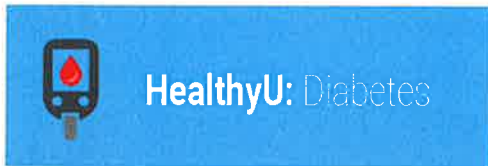
## Baseline Challenge

Take the Wellness Assessment to get a snapshot of your health and receive challenge suggestions just for you!



## University Challenges

HealthyU challenges allows you to learn about a variety of health topics with interactive video courses.



## Personal Challenges

Take control of your wellness by participating in 30-day challenges that fit your interests. Over 50 pre-made challenges are available in the library. You can track as many challenges as you'd like, though you only receive points for up to four each month.

## Featured Challenges of the Month

PEHP selects a different 30-day challenge each month. Team up with your spouse or coworkers and motivate each other to complete the challenge.



## Annual Challenges

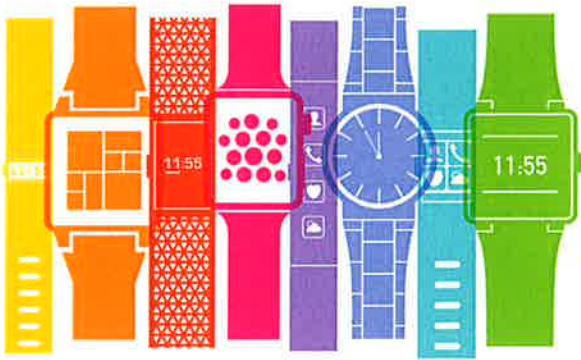
These challenges are helpful, fun activities which can be done anytime during the year. Try one of these to improve certain areas of your life.



# Program Features

## Device Integration

myWellness Tracker integrates easily with wearable tracking devices and apps, such as Apple Watch, FitBit, Garmin, and more. Don't have a wearable device? Download one of the compatible, FREE apps listed in the program portal. You can also manually track your progress within the myWellness Tracker portal.



## Other Features

- » **Biometric Data** - find your biometric data from Healthy Utah testing sessions in your Health Profile
- » **Message Board** - communicate with other users within a challenge
- » **Personal Calendar** - see your progress, challenge trackers, and more!
- » **Quick Links** - access PEHP products, services, and web pages easily with one menu

## How do I access myWellness Tracker?



PEHP will send you a registration link to myWellness Tracker via email and the Message Center. Follow the link to myWellness Tracker and get started!

## Text Tracking

Don't like the idea of manually tracking with your device? Text tracking is your solution! Each challenge has daily text reminders to help you form healthy habits. You can also track your results for a specific challenge by replying to the same reminder message.

## Download the App



Don't rely on a browser for all your tracking - download the WellRight app! The app has an easy-to-use interface and quick access to your challenges and progress.

