

Complete healthy activities and earn incentives!

2026 PROGRAM AND SERVICES

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. When you stick to our 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:

- Engage in a personalized wellbeing experience to help you get and stay healthy!
- Earn rewards for completing healthy activities every day!

Who's eligible:

All employees who are participating in a DXC High Deductible Health Plan are eligible to participate in the wellbeing program and earn rewards.

Spouses can participate but they can't

DXC TECHNOLOGY

personify HEALTH



How to get started

Step 1 **Sign up for your Personify Health account** by going to **join.personifyhealth.com/DXC**. Already a member? Sign in at **app.personifyhealth.com**.

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 GO, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

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

Step 5 **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 6 **Download the Personify Health 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.

Get the app:

Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	500	4,000	8,000	12,000	
Rewards					
Employee	$15	$30	$40	$55	**$140**
Employee + Spouse/ Dependent	$30	$55	$75	$105	**$265**

Ways to earn:

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:
Getting started	First login to mobile app	**250**
	Connect first activity device	**200**
	Add a friend outside your company	**100**
Daily	Upload steps from your activity tracker (per 1,000 steps)	**10**
	Do your Daily Cards (2 per day)	**20**
	Track your Healthy Habits (3 per day)	**10**
Monthly	Win the promoted Healthy Habit challenge	**200**
	★ Track Healthy Habits 20 days in a month	**300**
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	**400**
	★ Track sleep 10 days in a month	**100**
	Self-entered measurements	**50**
	Complete a coaching appointment	**300**
Quarterly	Choose your eating type	**250**
	Choose your sleep profile	**250**

★ **Earn bonus points!**

Signing in and completing activities daily really pays off. Look for activities with a star. Engaging in these activities multiple times in a month earns you extra points.

Annual earnings	Complete a Next-Steps Consult® appointment	**$70**
	Complete the Health Check	**$70**
	Complete a biometric screening	**$250/$300**

Please note: Rewards are provided as company contributions to your Health Savings Account (HSA). If you don't have an HSA when you earn rewards, a Health Reimbursement Account (HRA) will be set up for you. COBRA participants (former employees) will receive rewards via a payroll check instead of an HSA or HRA deposit.
Be mindful of employer contributions when calculating your own contributions. The IRS maximum includes all contributions, including DXC employer funds. Overlooking this may result in exceeding the limit or missing out on employer contributions. Review your total contributions to maximize benefits.

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!

Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

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.

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.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

My Care Checklist

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

Coaching

Talk to a coach over the phone to set goals and get one-on-one support, expert guidance and answers to your questions.

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.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help.

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.

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**

Not sure if you can fully participate in this program because of a disability or medical condition? Visit **support.personifyhealth.com** and search Medical Exceptions.

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