





What is Be Well?

Be Well is Intermountain's caregiver well-being program, designed to empower caregivers to take charge of their health and improve their well-being. Through the Be Well program, caregivers can participate in well-being activities, earn reward dollars, access free resources, and have fun with family, friends, and coworkers.

Be Well supports Intermountain's shared mission of helping people live the healthiest lives possible and that begins with you, our caregivers. Be Well strives to walk with caregivers on their individual wellness journey while also improving the health and well-being of the Intermountain caregiver community as whole.

Be Well Program Highlights for 2025

- › **All active caregivers are eligible** to participate in Be Well and can earn up to \$400 by participating in eligible preventive and physical activities.
- › **Spouses and domestic partners participating** in a caregiver's Select Health or Cigna medical plan can also participate in the Be Well program and earn up to \$200 in Be Well reward dollars.
- › **Be Well will continue to partner with Personify Health**, previously known as Virgin Pulse, to offer challenges, a health assessment, and other wellness resources for caregivers.
- › **The Sworkit app will continue to be available** as an on demand physical activity option for caregivers and eligible spouses to participate in and earn reward dollars.
- › **Intermountain's Take 10 Activity Break Program**, a caregiver favorite, provides an easy and fun way to increase physical activity during the day and earn rewards in the process.
- › **50th Anniversary**: Join us in celebrating 50 years of Intermountain Health through movement. Participate and earn entries into the quarterly and grand prize drawings.



Click or scan to learn more about Be Well for caregivers



Click or scan to learn more about Be Well for spouses and domestic partners

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Be Well Program Resources and Support

Be Well provides more than just the rewards program. It provides resources that support all areas of well-being—personal, work, and community—and the elements that make up each of these areas. By focusing on each element, caregivers can improve their overall health.



Me

personal well-being:

Emotional
Physical
Financial

- › Total Rewards (pay, benefits, PTO, retirement)
- › Employee Assistance Program (EAP)
- › Wellness & nutrition coaching
- › Financial & legal assistance
- › Be Well Rewards program
- › Caregiver Relief Fund
- › Meal support
- › Fitness classes & gyms
- › Biometric screenings
- › Be Well workshops
- › Peer support
- › Suicide prevention
- › Personify Health
- › Flexwork
- › iDiscounts

We

work well-being:

Educational
Professional
Cultural

- › PEAK & education assistance
- › Leadership programs
- › Education courses & Udemy
- › DEI program & CRGs
- › Check-ins
- › Recognition & awards
- › Share Your Voice

Us

community well-being:

Spiritual
Social
Environmental

- › iAct volunteer program
- › Spiritual care/chaplaincy
- › Be Well for families



Be Well Rewards Program



How to participate and earn rewards

Caregivers can complete a variety of activities, to earn Be Well reward dollars, **up to \$400** for the year. In addition, spouses and domestic partners on an Intermountain sponsored Select Health or Cigna medical plan are eligible to earn **up to \$200** in Be Well dollars for the year. Most activities are self-paced and range in reward value from **\$5 to \$50**. The reward earned is based on the time required to complete the activity and its importance in supporting your overall well-being. Activities can only be completed once per year unless otherwise noted.

How to Access the Be Well Rewards Tracker

Be Well activities can be completed at your own pace throughout the year.

To access the rewards tracker in the recognition portal and get started, follow the steps below:

Step 1

Click or scan the QR code to navigate to the Intermountain recognition portal, or go to IntermountainRecognition.com



Caregivers will click on the blue "click here" button and will need to be logged into the Intermountain network to access the recognition portal. Eligible spouses and domestic partners will enter the login credentials to access their rewards tracker.

Step 2

Click "start here" in the blue "Be Well" banner at the top of the page.

Step 3

The rewards tracker shows a list of activities eligible for rewards, activities that you have completed, and the total amount of Be Well reward dollars you have earned.

Reward Eligible Activities

The following list is subject to change. Check the rewards tracker, found on the Recognition Portal, for the most up-to-date list of available activities.

CATEGORY	ACTIVITY	ELIGIBLE CAREGIVER REWARD AMOUNT	SPOUSE/DOMESTIC PARTNER REWARD
PREVENTIVE ACTIVITY Preventive Screenings <i>(Only available to caregivers and eligible spouses who are on an Intermountain sponsored Select Health or Cigna medical plan)</i>	Preventive Wellness Exam	\$50	\$25
	Breast Cancer Screening	\$50	\$25
	Cervical Cancer Screening	\$50	\$25
	Colorectal Cancer Screening	\$50	\$25
PREVENTIVE ACTIVITY Biometric Screenings <i>(Only available to caregivers who are NOT on an Intermountain sponsored Select Health or Cigna medical plan)</i>	Complete Physician Results Form		X
	Participate in an onsite screening event	\$50 for completing one of these three options	X
	Schedule a Patient Service Center appointment		X
	Cologuard Screening Kit completion	\$50, based on age eligibility	X
PHYSICAL ACTIVITY Personify Health and SworKit* <i>(See page 12 for more information)</i>	Complete the Health Check	\$20	\$10
	Track 7000 steps a day for 20 days in a calendar month	Up to \$20 per month	Up to \$10 per month
	Participate in a quarterly team step challenge	Up to \$20, 4 times per year	Up to \$10, 4 times per year
	Track 150 minutes of physical activity a week using SworKit.	Up to \$5 per week, up to \$20 per month	Up to \$5 per week, up to \$20 per month, each month
PHYSICAL ACTIVITY Take-10 Activity Break Program* <i>(See page 9 for more information)</i>	Participate in a minimum number of Take-10 classes per week.	Up to \$10 for participating in 4 classes in a month (1 per week) Up to \$20 for participating in 8 classes per month (2 per week on different days)	X
PHYSICAL ACTIVITY Walk with a Doc* <i>(This activity is currently only available in Utah at participating locations)</i>	Participating in the scheduled 60-minute walk. To earn the reward: 1. Register to attend the walk 2. Attend the walk 3. Complete the survey at the end of the walk	Up to \$20 per month	X
PHYSICAL ACTIVITY The Posture Academy <i>(Found in Workday)</i>	Complete Ergonomics in Office and Healthcare online course.	Up to \$20 per month	X

*Caregivers can earn a maximum of \$40 per month for participating in any combination of the physical activity options. During challenge months, you can only get credit for completing either the step challenge or the 7000 steps activity, not both.

Happy anniversary!



Join us in celebrating Intermountain Health's 50th anniversary! Participate in any or all of the following activities throughout 2025 and earn entries into the quarterly and grand prize drawings. You may participate and earn as many entries as you choose throughout the year, there is no limit on how many times you complete each activity. These prizes are in addition to the reward dollars you are already earning by completing preventive screenings and physical activities.

4 Ways to Earn Entries:

- › Track the equivalent of 50 miles a month (10,000 steps a day for 20 days in a month) in Personify Health, formerly Virgin Pulse. Many different activities can count as steps, not just walking or running; when you enter a workout in Personify Health it will convert the activity to number of steps. For example, one minute of weight lifting is the equivalent of 182 steps.
- › Participate in the Shared Legacy challenge in May (tracked in Personify Health).
- › Attend 50 Take-10 classes (tracked through attendance surveys).
- › Complete 50 workouts from our Sworkit Challenge playlist (tracked in Sworkit). This doesn't need to be 50 different classes or workouts, you can do the same class or workout multiple times if you have a favorite.



Quarterly Drawings:

- › Each quarter, 20 entries will be randomly selected, with the winning caregivers receiving \$100 in their recognition portal. The more activities you complete, the more entries you can earn and the better your chances of winning.
- › Winners will be notified by email at the beginning of the following quarter.
- › The entries reset each quarter.

Year-End Grand Prize Drawings:

- › All entries earned throughout the year will be entered into the final grand prize drawing.
- › One grand prize of \$1000 and two runner-up prizes of \$500 will be awarded by random drawing, deposited into the winners' recognition portal. These winners will be notified by email and announced in January 2026.

Take-10 Activity Break Program

Take-10 is a participation-based virtual wellness program that is designed to support caregivers in their physical activity goals. To begin participating in this program and to earn the reward, caregivers need to complete the following:

Step 1

Register

Register for the Take-10 Activity Break Course by clicking or scanning the QR code. If you've registered to participate previously, you do not need to register again.



Step 2

Watch the Orientation Video ▶

Click or scan the QR code to play it now!



Step 3

Attend Classes

Fitting in a quick activity break during your work day couldn't be simpler. Choose from a variety of classes that include chair yoga, strength, stretch, core, and more. Visit the Take-10 website to explore this month's class schedule and find the attendance survey link. Click or scan the QR code to start moving, learning, and earning!



For a **\$10** Be Well Reward

- › Complete the registration and watch the orientation video using the QR codes above.
- › Participate in a minimum of four Take-10 classes during the month. Only one class per week will count toward the minimum.
- › Complete a quick attendance survey after each class to receive credit.

For a **\$20** Be Well Reward

- › Complete the registration and watch the orientation video using the QR codes above.
- › Participate in a minimum of eight Take-10 classes during the month. Only 2 classes per week will count toward the minimum. Classes must be on different days.
- › Complete a quick attendance survey after each class to receive credit.

Recorded Class option

- › If you're unable to attend live classes, you can earn the **\$10** reward by participating in one recorded class per week.
- › The recording will open Monday morning and close Sunday night.
- › To earn the **\$20** reward, you will also need to attend one live class per week.

Preventive Activities

Be Well strives to support caregivers in their well-being through prevention and early detection. There are two options available for caregivers to earn rewards, depending on medical plan coverage.

Option 1 Preventive Screenings: for caregivers **enrolled** in an Intermountain sponsored Select Health of Cigna medical plan.

Caregivers and spouses/domestic partners who are currently on an Intermountain sponsored Select Health or Cigna medical plan are eligible to earn reward dollars for completing the eligible preventive screenings listed below (based on age and gender recommendations).

- › Preventive wellness exam
- › Breast cancer screening
- › Cervical cancer screening
- › Colorectal cancer screening

There are two steps to earning the reward for completing an eligible preventive wellness exam and cancer screenings.

- 1 Once an eligible preventive wellness exam or cancer screening is completed, it is automatically reported through claims data from participating medical plan providers (no PHI is shared). This can take 90 days to be reported.
- 2 Caregivers will also need to opt in by completing the self-attestation form in order to receive the reward for any preventive activities. The self-attestation can be found at the top of rewards tracker under the "attestation" tab. If you completed the self-attestation in 2024, this will carry over and you do not need to complete it again.

Click or scan to learn how to complete the self-attestation



Option 2 Biometric Screenings: for caregivers who are **not enrolled** in an Intermountain sponsored Select Health or Cigna medical plan

Caregivers who are not enrolled in an Intermountain sponsored Select Health or Cigna medical plan are eligible to participate in a biometric screening, through Quest Diagnostics, and earn a **\$50** reward. This is an alternative to completing the traditional preventive wellness exam activity. This activity can be completed through one of the following options.

- › Download and complete the physician results form.
- › Attend a scheduled onsite screening event.
- › Schedule a Patient Service Center appointment.

- › Additionally, through Quest, caregivers who are 45 years of age or older can complete an at home colorectal cancer screening kit and earn another **\$50** reward.
- › There is not currently an alternative option for completing a mammogram or cervical cancer screening for caregivers who are not enrolled in an Intermountain sponsored Select Health or Cigna medical plan.
- › To get started with Quest, click or scan the QR code. When registering for the first time, please use the following registration key: Intermountain50.

[\(https://my.questforhealth.com/\)](https://my.questforhealth.com/)





Preventive Exam/Cancer Screening Pro Tips

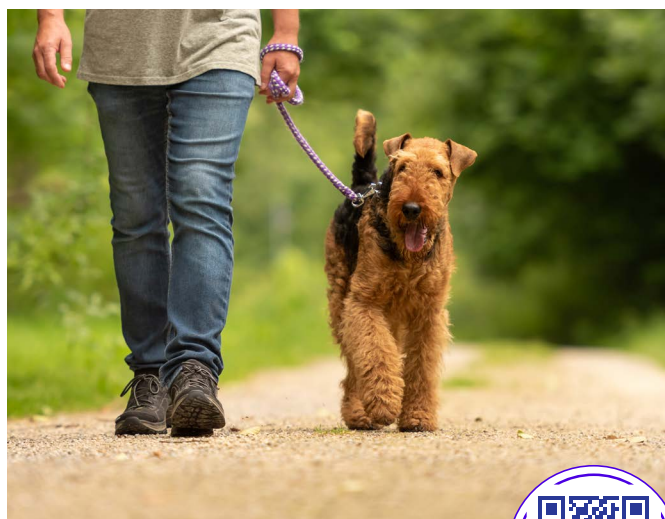
- Tip | 1:** To opt in to the program participation for a preventive wellness exam and cancer screenings for caregivers on an Intermountain sponsored medical plan, go to the Be Well rewards tracker found on the Recognition Portal. Then, click on the “attestation” tab at the top of the page to digitally sign, date and complete the self-attestation.
- Tip | 2:** If it has been 90 days and you have not received the reward, be sure that you’ve completed the self-attestation on your rewards tracker. If you’ve completed this step, please contact member services for your medical plan to verify your completion of an eligible screening and indicate you would like it to be reported to Be Well for the reward. All inquiries must be made within 6 months to be eligible for the reward.
- Tip | 3:** If as a caregiver, you are the dependent (not a subscriber) on an Intermountain sponsored plan, you will need to contact Member Services to verify your completion of an eligible screening and request that these be sent to Be Well for the reward.

How to Participate in Personify Health Activities

Be Well partners with Personify Health to support overall well-being through physical activity. Caregivers and eligible spouses can earn Be Well reward dollars by participating in the following Personify Health activities:

- › Complete the Personify Health Health Check
- › Track 7000 steps a day for 20 days each calendar month*
- › Participate in a quarterly team step challenge*
- › Track 150 minutes of physical activity per week, using Sworkit

**You can only get credit for participating in either the step challenge or the 7000 steps during the same calendar month, not both.*



Click or scan to visit the Personify Health website



Personify Health Pro Tips

- Tip | 1 :** Be sure to open the Personify Health app, or login to the website to sync your device or enter your steps/activity at least weekly to ensure you are meeting the tracking requirements for both the monthly 7000 steps activity as well as the quarterly step challenges. You may find it helpful to set a reminder to sync or track your steps.
- Tip | 2 :** Any steps entered retroactively more than the previous seven days is not credited toward the 20-day count nor the quarterly step challenges. In addition, all steps must be synced/entered by the last day of the month to count toward that month's steps.
- Tip | 3 :** You can convert activities like yoga, weightlifting, swimming, cycling, into steps. Use the "add a workout" tool to convert non-stepping activities into steps.
- Tip | 4 :** You can check your progress toward your 20 day count by visiting your trophy case, found under "more" at the bottom of the app. Just look for the trophy with the image of the shoe to see your current progress toward 20 days of 7000 steps.
- Tip | 5 :** You can access Sworkit by selecting "Benefits" at the bottom of the Personify Health app or you can download it directly from your app store. Be sure to login using your Personify Health login credentials.



2025 Quarterly Step Challenge Calendar

CHALLENGE NAME	REGISTRATION DATES	CHALLENGE DATES
World Tour	January 13–February 2	January 27–February 23
Shared Legacy	April 14–May 4	April 28–May 25
Striding for Connection	July 21–August 10	August 4–August 31
Food Around the Globe	October 20–November 9	November 3–November 30

Getting started is as easy as 1-2-3!

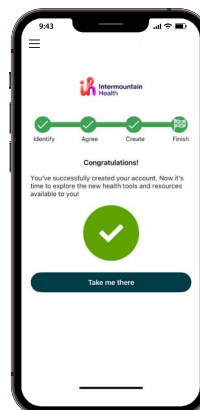
Step 1

Download the Personify Health App by clicking or scanning the QR code below (login.personifyhealth.com)



Step 2

Follow the progress bar and complete the steps on the enrollment page to create your account



Step 3

Login to Personify Health to get started syncing your device and tracking your steps

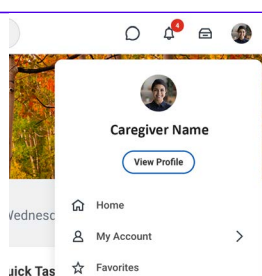


How to Enroll a Spouse to Participate

Spouses and domestic partners on an Intermountain sponsored Select Health or Cigna medical plan can earn **up to \$200** per year for completing eligible wellness activities (see page 7 for eligible activities and reward amounts). Caregivers will need to enroll their eligible spouse/domestic partner in Workday to participate in the Be Well Rewards program. This can be completed by following the steps below. Once enrolled, spouses/domestic partners will be able to access their Rewards Tracker and create a Personify Health account to start participating.

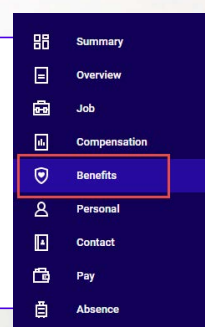
Step 1

In Workday, click on the profile icon at the top right and select View Profile.



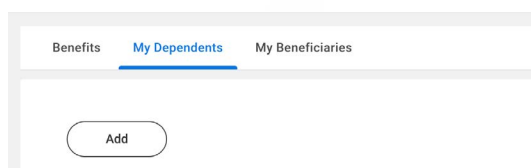
Step 2

From your profile in Workday, select Benefits. You may need to scroll down or click “more” to see it.



Step 3

Click on “My Dependents”



Step 4

Find your eligible spouse listed in your dependents and select edit.

Dependents 4 items			
Dependent	Relationship	Age	
Spouse Name	Spouse	40 years, 2 months, 26 days	Edit
Child Name	Child	11 years, 4 months, 24 days	Edit

Step 5

Under Dependent options, update the effective date and for the reason, select Be Well.

A screenshot of the 'Dependent Options' form in the Workday mobile app. The 'Effective Date' is set to 12/18/2024. The 'Reason' dropdown menu is open, showing 'Be Well' as the selected option.

Step 6

Under the Contact Information section at the bottom, select Primary Email and enter the preferred email for your eligible spouse or partner. Please do not use your caregiver email as this may already be linked to your Be Well account. Once completed, click the Submit button.

A screenshot of the 'Primary Email' form in the Workday mobile app. The 'Address' field is filled with 'name@email.com'. The 'Submit' button is highlighted in blue.

Note

Once you've entered the information, your spouse or partner will receive an email with instructions on how to log in to their recognition account. They will also receive an email inviting them to enroll and participate in Personify Health (formerly called Virgin Pulse). Please note, it can take up to a week for the email to be received.



Helpful Websites and Links

To learn more about Be Well:

- › [Caregiver Be Well website](#)
- › [Spouse/domestic partner Be Well website](#)
- › [Personify Health](#)
- › [Recognition Portal](#)

For Take-10 or onsite Fitness Center questions:

- › [Take-10 Website](#)
- › [Fitness Facilities website](#)
- › Email: Fitness@imail.org

For gift card or reward redemption questions, contact:

- › Email: awardsupportcenter@awardsupportcenter.com
- › Phone: 1-888-292-7341

For Be Well program questions:

- › [Ask a question in Service Hub](#)
- › Call 801-442-7547 or 833-442-7547.

