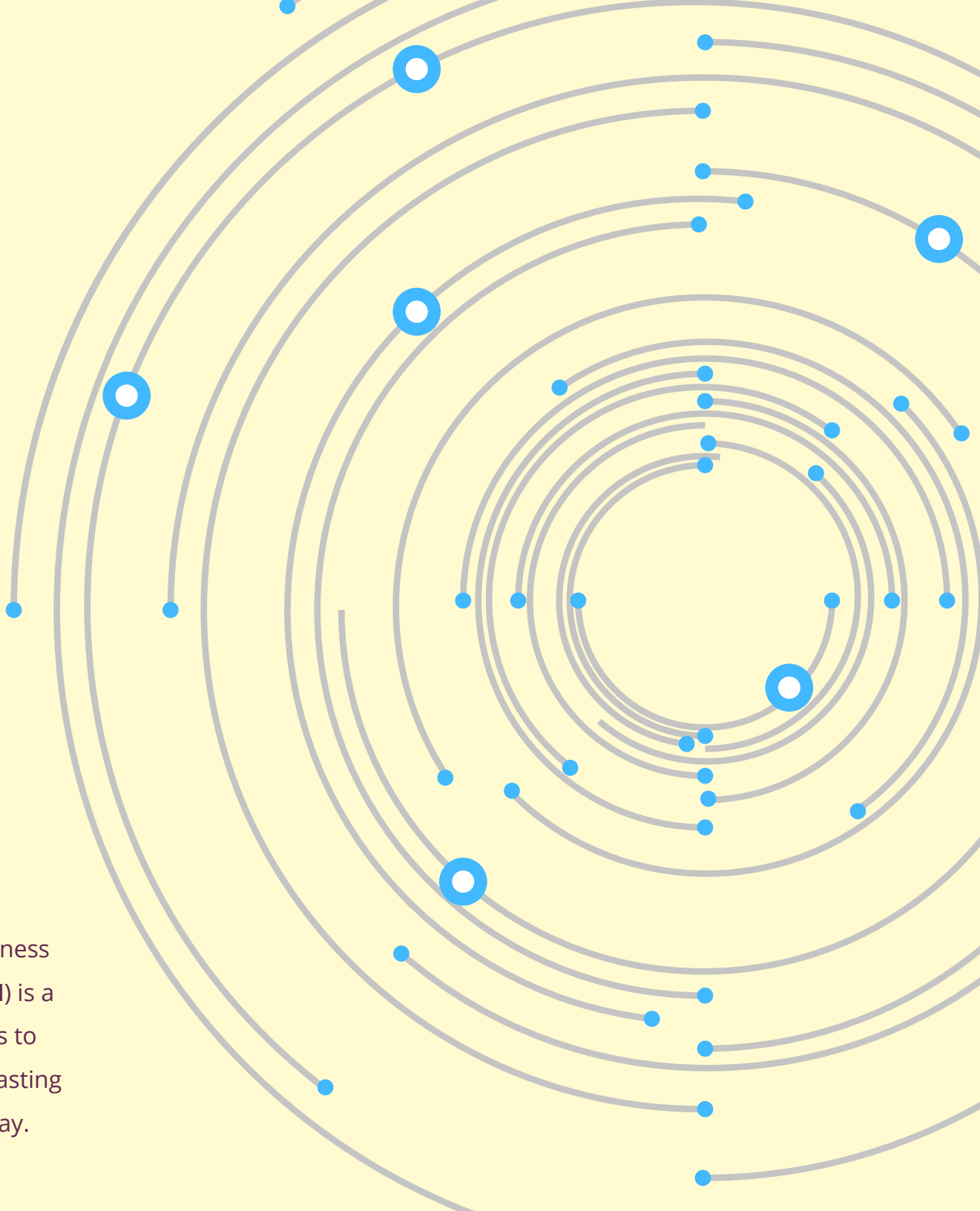




# Welcome to **PATH!**

Welcome to **PATH!** We'd like to encourage you – and your covered partner – to participate in PDRMA Health's wellness program.

Learn how to customize the many activities and resources available to you in pursuing your wellness journey. Positive Activities Toward Health (**PATH**) is a personalized platform with engaging capabilities to help you develop daily habits that lead to long-lasting behavior change – so you feel your best every day.



# PDRMA Health partners with Personify Health, a third-party vendor, to deliver PATH, which you can access and enroll in a number of ways:

Log in through [PDRMA's website](#) and click **PATH** on the top navigation bar.

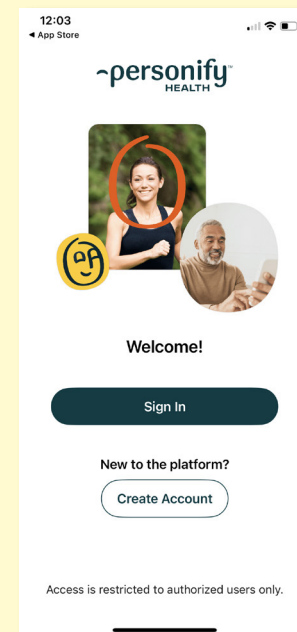


Go to Personify Health's website  
[www.join.personifyhealth.com/pdrma](http://www.join.personifyhealth.com/pdrma).



~personify<sup>™</sup>  
HEALTH

Download the Personify Health app on your mobile device to start your journey.



Select Language  
English (U.S.)

Tell us who you are

We need a few more details to confirm your eligibility.

First name \*  
Last name \*

Date of birth \*  
mm/dd/yyyy

Country/region \*  
Where do you live?

Enrollment passphrase \*  
Enter the passphrase provided to you

Continue

Already a member? [Sign In](#)

**The PATH Program year is Jan. 1, 2026, to Dec. 31, 2026, and the following rules apply:**



- Participation in **PATH** is voluntary; there are no penalties if you choose not to participate.
- At no time is your Protected Health Information (PHI) shared with your agency or PDRMA Health; your PHI remains confidential as required by law.
- You can start earning **PATH** points Jan. 1, 2026, or as soon as your benefits start, whichever date is later.
- Benefits-eligible employees, their covered partners and employees continuing coverage through COBRA or the Illinois Municipal Retirement Fund (IMRF) can participate in **PATH**. Incentives apply to employees and covered partners enrolled in a PDRMA Health medical plan. If an employee waives medical coverage, incentive payouts vary by agency. Please see your Wellness Ambassador for agency-specific details.



## The **PATH** Program year is Jan. 1, 2026, to Dec. 31, 2026, and the following rules apply:



- To receive a PDRMA-paid incentive at the end of the program year, you must be enrolled in a PDRMA Health medical plan or a past employee enrolled in COBRA or IMRF continuation coverage through the last day of the year, Dec. 31, 2026. If you waive coverage, and your employer chooses to pay an incentive, you must be employed on the last day of the year, Dec. 31, 2026.
- The Internal Revenue Service considers the incentive amount you, and any covered partner, receive to be taxable income, and your agency may include your and any covered partner incentive amount on your W-2 as part of your income.
- All elements of the **PATH** program, including the available activities, point values, incentive structure and values, reward levels, and rules can change or be discontinued at any time throughout the program year without notice.
- PDRMA and your employer are committed to helping you achieve your best health. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Personify Health at [support@personifyhealth.com](mailto:support@personifyhealth.com) or PDRMA Health at 630.435.8998 for guidance on how you can earn the full reward considering your health status.



# INCENTIVE

## QUARTERLY POINTS AND LEVELS GAME INCENTIVE STRUCTURE!



- **PATH** is divided into quarterly games.
- Work your way up the four levels by earning points for activities and tracking your daily habits.
- Each level you reach earns you points toward your quarterly \$50 incentive.

**LEVEL 4 - 15,000 POINTS**  
**\$15 incentive**

**LEVEL 3 - 8,000 POINTS**  
**\$15 incentive**

**LEVEL 2 - 4,000 POINTS**  
**\$10 incentive**

**LEVEL 1 - 500 POINTS**  
**\$10 incentive**

# INCENTIVE

## QUARTERLY POINTS AND LEVELS GAME INCENTIVE STRUCTURE!

- The game resets at the end of each quarter – to encourage you to stay engaged with **PATH** all year long!
- You will receive the incentives you earned each quarter after the end of the program year – which means your total payout is a lump sum.
- Extra \$25 incentive – outside Points and Levels Game – for participating in a biometric screening.





# BIOMETRIC SCREENINGS



## WHAT IS A BIOMETRIC SCREENING?

A biometric screening is an exam that measures health risk factors like cholesterol, triglycerides, fasting glucose and A1c from a blood draw and checks your blood pressure, body composition, BMI and waist circumference. It's an easy way to keep track of your health over time and be aware of risks to help you make lifestyle changes.

Click [here](#) to learn more about how to complete a screening, including making an appointment, and download necessary documents on PATH [here](#).

## COMPLETE THE SCREENING IN ONE OF THREE WAYS:

1

### LabCorp

Complete a screening at any time throughout the year. Make an appointment at [LabCorp](#) and download your Voucher on PATH to bring with you.

2

### CVS MinuteClinic

Complete a screening at any time throughout the year. Make an appointment at [CVS MinuteClinic](#) and download your Voucher on PATH to bring with you.

3

### Primary Care Physician's office

Complete a screening at any time throughout the year. Make an appointment at your physician's office, download the Physician Form on PATH for your doctor to complete and sign.



# BIOMETRIC SCREENINGS

## POINTS AND INCENTIVES



## EARN PATH POINTS FOR YOUR BIOMETRIC SCREENING!

Earn a 5,000-point voucher to use any time before Dec. 31, 2026, 11:59 p.m. and an automatic 1,000 points uploaded to your account for participating in a screening! You will also earn an extra \$25 incentive outside PATH's Points and Levels quarterly game.

Earn 300 points per measurement that is in the normal range.

Improvement points are also available for biometric outcomes, if not in the normal range. When you make a 5-percent improvement from a validated 2025 result, you earn 300 points per measurement!

# ACTIVITIES

## Earn points by:

- Tracking daily activity, sleep, diet and healthy habits.
- Completing daily cards.
- Syncing your device for seamless integration.
- Completing the Health Check Assessment and setting your interests.
- Participating in Journeys and Health Coaching.
- Watching videos on the Media Library – **PATH** provides a comprehensive selection of wellness videos covering topics such as healthy eating, physical activity, financial wellness and emotional balance.
- Competing in monthly Healthy Habit, personal and PDRMA-wide challenges.
- Giving and receiving Shoutouts.
- Checking off preventive exams on your My Care Checklist.
- And more!

(\*Visit the [Rewards](#) page on **PATH** for the full list of possible ways to earn points.)



### Practice a Haiku

Daily Tip • Learning New Things

20 Points

Studies show that creativity and happiness go together. Try writing a haiku. It can be about anything—your work, someone you care about, the weather today or a meaningful object.

- Line 1: Write a phrase with 5 syllables
- Line 2: Write a phrase with 7 syllables
- Line 3: Write a phrase with 5 syllables

Don't put pressure on yourself to make it good or share. Even a small creative behavior can improve your mood. And that's enough.

[GOT IT](#)

### Topics of Interest

#### Recommended

Topics are recommended based on information you've shared with us.

Getting Active

Eating Healthy

Sleeping Well

[Load More](#)

To further personalize your experience, choose topics of interest from the dropdown menu.



Energy

3 Selected



Focus

4 Selected



Drive

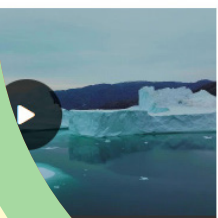
2 Selected



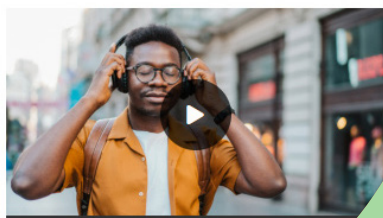
Health Situations

1 Selected

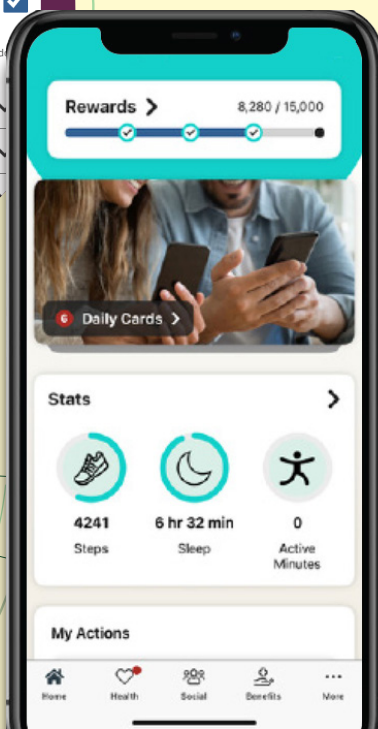
Sort: Newest



12:05



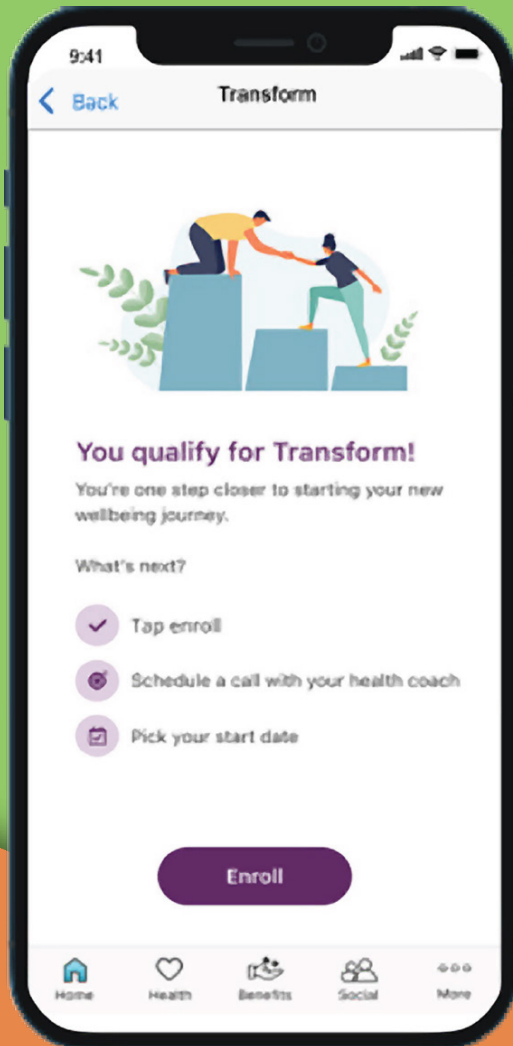
A Short Walking Meditation to Regain Focus





# TRANSFORM

## TRANSFORM FOR PREDIABETES AND TRANSFORM FOR WEIGHT MANAGEMENT



Complete the risk screening survey to see if you qualify to enroll in a Transform program.

### Access Transform from:

- Transform widget on home page.
- Health Tab - Transform on the drop-down menu.





# TRANSFORM FOR PREDIABETES

## TRANSFORM FOR PREDIABETES

- Helps participants prevent or delay the onset of Type 2 diabetes.
- This 12-month program has a goal of 5-percent weight loss and increasing/maintaining 150 weekly minutes of activity.

## SUPPORT INCLUDES

- Digital therapeutics suite on PATH website/app.
- Participants will receive a connected scale and activity tracker after four weeks of engagement.
- Photo-enabled food log, 25 lesson plans, 12 coaching phone calls (1 monthly), unlimited messaging.



# TRANSFORM

## FOR PREDIABETES

### ELIGIBILITY CRITERIA YOU MUST MEET

- 18 years of age or older.
- Have a body mass index (BMI) of 25 or higher (23 or higher if Asian American).
- Not be previously diagnosed with Type 1 or Type 2 diabetes.
- Not be pregnant.

### YOU MUST HAVE EITHER OR BOTH OF THE FOLLOWING

1. A recent (within the past year) blood test (may be self-reported) or claim code indicating you have prediabetes or a history of gestational diabetes mellitus (GDM), according to one of the following specifications:
  - Hemoglobin A1c: 5.7-6.4%.
  - Fasting plasma glucose: 100-125 mg/dL.
  - Two-hour plasma glucose (after a 75-gm glucose load): 140-199 mg/dL.
  - Clinically diagnosed GDM during a pregnancy (can be self-reported).
2. Screen positive for prediabetes based on the CDC Prediabetes Screening Test (score of 9 or more).





# TRANSFORM FOR WEIGHT MANAGEMENT

## TRANSFORM FOR WEIGHT MANAGEMENT

- 12-month, lifestyle change program to help adults create healthier habits including physical activity, eating patterns and more to lose weight and keep it off the healthy way.
- Focus on sustainable weight management, balanced eating, physical activity and self-efficacy.



Nutrition Therapy



Physical Activity



Behavior Change





# TRANSFORM

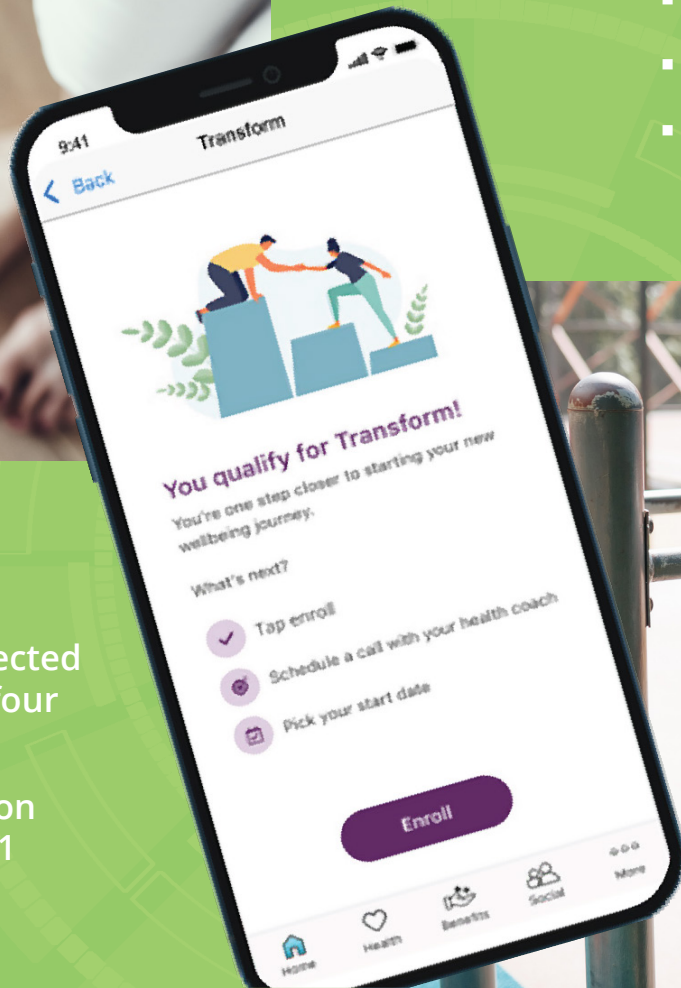
## FOR WEIGHT MANAGEMENT

### ELIGIBILITY CRITERIA YOU MUST MEET

- BMI 30+  
OR
- BMI 25-29.9 and one of the following:
  - Hypertension.
  - Hyperlipidemia.
  - Prediabetes, Type 1 (with physician consent) or Type 2 diabetes.

### SUPPORT INCLUDES

- Participants will receive a connected scale and activity tracker after four weeks of engagement.
- Photo-enabled food log, 25 lesson plans, 12 coaching phone calls (1 monthly), unlimited messaging.



# HEALTH COACHING

A coach can be a helping hand when you need it to keep you focused and accountable in overcoming obstacles and meeting your goals. Coaching is a totally confidential, judgement-free space for working on your well-being goals. Take advantage of this valuable **PATH** resource!

- Complete four calls and earn 2,000 points up to an annual maximum of 8,000 points.
- Coaching is not limited to a quarter. After four calls, participants receive their points.
- Even after earning 8,000 points, participants may still schedule calls with their coach.
- In-app messaging is available.
- Coaching can help participants get active, eat healthy, reduce stress, manage weight, be tobacco-free, sleep well and be mindful of their finances.
- Sign up for Health Coaching by clicking [here](#) or from the **PATH** home page by clicking the Health menu in the navigation bar, Coaching and then Schedule a session.





# PLATFORM FEATURES



## PERSONIFY HEALTH'S ONLINE STORE

Purchase health items such as water bottles, yoga mats or fitness tracking devices.

## FRIENDS AND FAMILY ACCESS

Invite up to 10 friends/family to participate in personal challenges, have access to daily activity tracking and healthy habits for free! All with a personal leaderboard for you and your 10 "outside" friends/family.



## BENEFITS PAGE

Access all your PDRMA Health resources to understand your full benefits package.



# SUPPORT



~personify<sup>™</sup>  
HEALTH

Personify Health Customer Support  
[support@personifyhealth.com](mailto:support@personifyhealth.com)  
888.671.9395



PDRMA Wellness  
[wellness@pdrma.org](mailto:wellness@pdrma.org)  
630.435.8998