# Earn up to $150 Cash

## Get up to $150 cash when you track your wellness activities, complete challenges

## **You can earn up to $150 cash just by tracking your wellness activities and participating in challenges with your PEHP benefit, *myWellness Tracker*. The program** helps you **create or sustain healthy habits – and get rewarded for it!** *myWellness Tracker* is available to you and your PEHP-insured spouse.

## To get started, create your personal account here: <https://usba.wellright.com/>

## If you have problems creating your account or logging in to the program, please email mywellnessjul@pehp.org

Below are some program features of *myWellness Tracker*:

* Monthly challenges that focus on diet, exercise, mental, and financial health. In addition, there are 60+ other challenges available, giving you the choice to participate in what interests you! **First challenge begins September 1, 2020.**
* myWellness Tracker (or “The portal”) will allow you to sync a variety of devices/free apps, such as Apple Watch, FitBit, and Garmin, to help you track your progress. You can see the full list of devices once you register in the portal. If you don’t have a device or app, no worries! You can always track in the myWellness Tracker portal or via text message.
* Earn enough points from challenges to receive $50 for each of the three achievement levels, up to $150! FICA tax withheld.
* **Please note you must register by November 30th to participate. Uploaded user accounts who have not registered will be disabled.**
* **If you registered and participated during the past plan year you DO NOT need to register again. Your username and password will remain the same. Challenge points will reset.**

## Learn more about the program here: [www.pehp.org/mywellnesstracker](http://www.pehp.org/mywellnesstracker)

*Please note that this program is a resource to you and you do not need to participate if you do not want to. myWellness Tracker is fully HIPAA compliant. What does that mean to you? It means that no one, including your employer, will ever have access to your personal health information (PHI).*