



Introducing Groups

Bond with others who share your interests or hobbies, form new friendships and stay connected. Groups can be formed around any interest—knitting, wind surfing, sports teams or [entire departments at your company]. Browse existing groups or create your own! The options are limitless.

Visit app.personifyhealth.com, go to the **Social** tab and select **Groups**, or scan the QR code to open in the app.



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

Healthy is better when we do it together

Find a group

Filter existing groups by topic or scroll through the whole list. See one you like? Select **Join**, and you're in!

Join the conversation

When you join a group, you'll access an open forum. Take part in lively, encouraging conversation with others. Offer support, share ideas, post recipes or upload a photo to the group. Don't forget—kindness and respect are key.

Start your own group

If you're looking to meet people with similar interests or goals and want to create a space where you can stay in touch, create your own group. Then invite others to join in. If you feel strongly about an initiative or activity and want to find people who share that interest with you, groups provide you the space to share and do just that.

Post to group boards

Boards are a way to collect feedback, host a contest or pose a question to the group. If you see a board in your group, post your response. Don't forget to like or comment on the other posts!

Challenge your group

Invite a social group to a personal step challenge or personal Healthy Habit challenge. After you set up your personal challenge, select **Invite Players**, click on the **Find Groups** tab and invite your group.

