



Earn  
500 points when  
you complete  
a Journey.

# Journeys<sup>®</sup>

## Choose your path to better wellbeing.

When it comes to improving your health, small steps can lead to big things. With Journeys, you'll get small, achievable steps that allow you to "try on" and build healthy habits that stick.

Whether you're looking to improve your eating habits, move more, sleep better or manage a health condition, our digital coaching tool can help, and is just a click away.

## Not a member yet?

Don't miss out on all the fun! Get started today by going to [join.personifyhealth.com/VU](https://join.personifyhealth.com/VU)

Visit [app.personifyhealth.com](https://app.personifyhealth.com), go to the **Health** tab and select **Journeys**, or scan the QR code to open in the app.



# How to get started:

## Step 1

Open the Personify Health mobile app or go to the website and find **Journeys** in the **Health** menu.

## Step 2

Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.

## Step 3

Click on the Journey you would like to learn more about. Click **Start** to begin your Journey.



## Journeys can help you:

- Quit smoking
- Reduce stress
- Strengthen your financial fitness
- Embrace diversity, equity and inclusion
- Cope with grief and loss
- Reduce your alcohol and/or tobacco consumption

## Have questions? We're here to help.

- Check out [support.personifyhealth.com](https://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](mailto:support@personifyhealth.com)

Do you have a new health concern that impacts your daily wellbeing? Journeys can help you manage:

Heart Health

Lung Health

Mental Health

Women's Health

Back, Muscle & Joint Health

