

Digital Engagement:

COMPLETED JAN. 9, 2022

Log in to Sydney

\$5

Log in to Sydney to earn this reward.

Connect a Device or App

Connect a device or app to earn this reward to get a bigger picture view of your health goals.

[Connect a Device or App](#)

\$5 per year

Log Daily Nutrition

[Link Device or App](#) | [Manually Log Results](#)

Earn up to ~~\$200~~ for tracking your nutrition. Up to \$50 per quarter.

\$0/\$15

\$2/\$60

Receive a reward for keeping track of your meals and snacks for a minimum of 800 calories per day.

\$2 per day \$15 x per quarter \$60 maximum reward per year

Screenshots are for illustrative purposes and could change. Dollars, points and raffle tickets are available reward types and configurable upon request.

Log Daily Sleep

[Link Device or App](#) | [Manually Log Results](#)

January Sleep Tracking

0 / 15

Receive a reward for keeping track of your sleep.

\$10 for recording 15 days per month \$30 maximum reward per year

Log Active Minutes

[Link Device or App](#) | [Manually Log Results](#)

Keep track of your steps or other fitness activities such as riding a bicycle, swimming and lawn mowing.

[Activity to Steps Conversion Chart](#)

\$2 for 50K steps \$50 maximum reward per year

COMPLETED JAN. 3, 2022

Update Contact Information

Receive a reward for confirming that your contact information is accurate or updating your contact information. [Get Started](#)

\$5 per year

Digital Engagement:

Complete an Action Plan

\$5 x 5= up to \$25

Cross the finish line and be rewarded! Sticking with a plan isn't always easy, so congratulate yourself on a job well done. Complete and earn a reward for each Action Plan up to 5 plans. [View Plans](#)

\$5 per plan / maximum of 5 completed plans per year

Health Profile

Receive a reward for completing your Health Profile by answering questions about your overall health, medical history, diet, and exercise. [Go to Assessment](#)

\$25 per year

Finish 5 Articles or Videos

There's a wealth of content waiting ahead. Explore topics like nutrition, mindfulness, fitness tips and more. Complete at least 5 articles or videos to earn this reward. [Browse Content](#)

\$5 per year

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