



**Earn up to
\$200
per year!**

Rewards

It's easy to earn rewards by making healthy decisions. Complete your healthy activities from January 1–November 15 and watch your rewards add up. The more you do, the more you'll earn—up to \$200 in 2025.

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	1,000	5,000	10,000	15,000	
Wellness incentives	\$10	\$10	\$15	\$15	\$50

Live Well incentive annual max: \$50 x 4 quarters = **\$200**

Use your wellness incentives:



Direct Deposit



HSA Contribution



Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Complete registration	5,000
	First login to mobile app	5,000
	Complete a Next-Steps Consult® appointment	500
	Add a profile picture	100
	Add 5 friends	250
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes	10
	Daily calorie tracking	20
Monthly	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Join the company challenges	5,000
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
	Participate in the Ameren Mentoring Community	2,500
Yearly	Complete the Nicotine-Free Agreement or connect with a tobacco coach	2,000
	Complete the Health Check	5,000
	Participate in Ameren's Field Strong Program	15,000
	Complete a primary care wellness visit	15,000
	Complete Fidelity's Financial Wellness Check-Up	5,000
	Complete preventive checkups (dental visit, eye exam)	5,000
	Participate in Anthem's Building Healthy Families Program	1,000
	Complete preventive cancer screenings	5,000

★ Earn bonus points!

Engaging in activities with a star multiple times in a month earns you extra points.



Get started at app.personifyhealth.com.
 Not a member yet? Sign up today at Ameren.com/LiveWell or scan the code to download the app.

Who's eligible?

All coworkers eligible for Ameren's healthcare benefit plans can participate in the Live Well program and earn quarterly wellness incentives. Spouses and domestic partners currently enrolled in the Ameren medical plan can also participate in the Live Well program, but are not eligible to earn incentives.

Note: To reset your account password click on "Forgot Password?" and enter your Ameren email (numbers only) as the username (ex.123456@ameren.com).