YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively serving YMCAs since 1970.

A WELLNESS PROGRAM THAT WORKS FOR YOU

POWERED BY PERSONIFY HEALTH

A new and more personalized wellness experience is on the way.

Beginning January 1, 2027, eligible YMCA Employee Benefits health plan members will have access to WellnessWorks, now powered by Personify Health. The new platform is designed to help you build healthy habits, stay motivated, and make progress toward your personal wellbeing goals through simple actions that fit into everyday life.

Whether you're looking to become more active, improve nutrition, manage a chronic condition, reduce stress, or just build healthier routines, you'll find personalized tools, support, and encouragement to help you succeed.



personify™ HEALTH

Revised 1026

Small Steps. Lasting Change.
With Rewards Along The Way.

We believe that lasting well-being is built one day at a time.

Personify Health is designed to help you focus on the areas of health and well-being that matter most to you through personalized activities, healthy habit tracking, wellness coaching, challenges, and everyday encouragement.

What To Look Forward To:

- Personalized well-being activities and recommendations
- Healthy habit tracking tools
- One-on-one wellness coaching
- Fun challenges and opportunities to connect with others
- Easy access through mobile and web
- Opportunities to earn gift card rewards

Your Health. Your Goals. Your Way.

More details about WellnessWorks, now powered by Personify Health, including program activities and rewards, will be shared in the coming months.

Visit YBenefits.org/wellness for more details as they become available.

Stay tuned. We're excited to begin this journey with you in 2027.

