

Qnity Global Wellness Challenge – Celebrations Around the World Runs May 4 – 29

This wellness challenge is administered by Personify Health. Individual health information and activity data are collected, stored, and processed by Personify Health in accordance with its privacy and security practices. Qnity does not receive access to employees' individual health data, and your participation is entirely voluntary.

Frequently Asked Questions

How do I enroll or log into Personify Health?

You are eligible to enroll in Personify Health and join the challenge if you are a regular, full-time employee. To register or log in, follow the below steps:

- Visit [Qnity's Personify Health website](#)
- If you are already enrolled, click on “**Already a member? Sign In**”
 - You will sign in using the email address you chose when you first registered (may be your DuPont email address if you registered prior to Qnity's effective date)
- To register for the first time, follow the below instructions:
 - Select your enrollment group – either U.S. employees or International
 - Enter all required information including the passphrase **wellnessbenefits**
 - Create username and password
- **Congrats!** You have now joined the **Qnity™ Wellness Program**

How do I connect a device?

Personify Health syncs with a wide variety of devices and applications. After you log in, click on “More” at the top and then “Devices & Apps” Select your device or app from the list and follow the steps to sync it to Personify.

Does Personify Health have an app?

Yes! Download the Personify Health app from your app store and log in with the same credentials you would use on the website. The app allows easy access to the full suite of Personify Health services, including the Global Wellness Challenge.

If you are using a smartphone that does not operate on iOS or Android, please check the Personify Health Support Center – Devices & Apps for additional support and information.

How do I join the Global Wellness Challenge and create or find a team?

There are two ways to join the Global Wellness Challenge, Celebrations Around the World. The challenge will be available within your Daily Cards. You can click on your daily cards and join the challenge directly from the challenge card. Alternatively, you can navigate to Social > Challenges and join the challenge from there.

You will then be prompted to choose between ***Suggested Teams*** and ***Create a Team***.

Should you choose ***Suggested Teams***, you will be prompted to see all teams that are public and available to join (note: there is a 5-team member maximum per team; if a team is already at the maximum it will not be available to be joined).

You can also **Create a Team**. This option allows you to invite others to join your team, or make it public so that anyone can choose to join. The 5-team member maximum will apply.

Can I change teams for the challenge?

You will be able to change your team until the start date of May 4. Once the challenge officially starts you will be locked into your chosen team for the duration of the challenge.

How do I view the challenge rules?

Within the challenge, click on “View Challenge” then “Resources” then “Challenge Details”

Do activities other than Walking or Running count for the challenge?

Personify Health has a wide variety of activities you can choose from that can be converted into steps and will count towards the challenge. You will have to manually input any activities and can do so by visiting the challenge page, then clicking on “Track Activity” then “Add Activity” to select from the list and input the time you spent on the activity, which will then convert it to steps and count it towards the challenge.

You can go back and add activities up to 14 days in the past as long as they are inputted by the upload deadline of June 1.

I don't have a tracker can I manually enter steps?

Steps can be manually added by visiting the challenge page, clicking on “Track Activity” then “Edit” under “My Steps”.

You can go back and add steps up to 14 days in the past as long as they are inputted by the upload deadline of June 1.

Is there a limit on the number of steps that can count for the challenge each day?

To make the challenge fair, we have placed a daily limit of 20,000 steps per person per day. Any combination of steps + steps from activities entered count towards the daily maximum.

How can I see the challenge stats?

Click on “Leaderboard” once you are in the challenge page to see real-time team stats.

Are there prizes for the challenge?

There sure are! Members of the top 5 teams will each receive Qnity swag prizes. In addition, we will raffle off 25 additional Qnity swag items – everyone who joins the challenge is eligible for the raffle.

Still have more questions? Personify Health has a full **FAQ section** in the support section of their website and app. Click on “**Support**” then “**Visit our FAQ Support page**” within the website or app to learn more. You may also chat with a Personify Health agent.