

Activity Rewards

UNITED STATES

February 1, 2025 – January 31, 2026

Unlock point levels

FOCUS ON SLEEP, EXERCISE, MINDFULNESS AND MORE



LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

\$20

IN REWARDS CASH

+

\$30

IN REWARDS CASH

+

\$50

IN REWARDS CASH

+

\$100

IN REWARDS CASH

=

IN REWARDS CASH

7,000 PTS

15,000 PTS

25,000 PTS

40,000 PTS

Global Fitness Challenge

APRIL 14 – MAY 11, 2025



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10,000 PTS

At Dell Technologies, we want you to take the time you need for emotional and mental wellness and encourage you to use all the well-being resources available to you. Activity Rewards is a fun way to start or maintain your wellness journey—and rewards you for it! Visit Dell Wellness Hub to learn how to build healthy habits, earn points and track your progress to rewards. If you aren't already a member, register today!

Ready to get started?



Visit DellWellnessHub.com
or download the app.

Dell Wellness Hub

Ways to earn:

Look for [How to Earn](#) in your account for a complete list of all the ways you can spend just a few minutes each day participating and earn points.

	Do healthy things:	Earn points:
Getting started	Complete registration	200
	First login to mobile app	500
	Connect first activity device	500
	Set your interests	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
	Complete a RethinkCare session	20
	Browse healthy recipes	10
	Achieve 20 Wellbeats Class Play Minutes	20
	Win the promoted Healthy Habit Challenge	250
Monthly	★ Complete 20 Daily Cards in a month	300
	★ 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
	Self-entered measurements	100
	Join a personal challenge	100
	Complete a Dell Wellness Hub health coaching appointment	1,000
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete the meQuilibrium Reassessment (available 90 days from last date)	500
Yearly	Take the Financial Wellness Assessment	2,000
	Complete a Financial Wellness coaching session	1,000
	Complete the Nicotine-Free Agreement	100
	Invite a colleague to join	50



Yes you can make it to Level 4!

Look for the symbol above for ways to get the most points for your efforts.

Earn vouchers for additional points!

In addition to earning points by completing healthy activities on Dell Wellness Hub, you'll have unique opportunities throughout the year to earn additional points. Keep an eye out for announcements of activities like live wellness trainings, webinars and other events!

For detailed information on Health and Activity Rewards program and reward eligibility, deadlines to participate, and taxation of such rewards, please review the Dell Wellness Hub Member Services Support page. This information reflects Dell's current benefit plan designs. Dell reserves the right to terminate or modify the Plan and any employee benefits, including employee and dependent eligibility for the Plan, at any time, even if the benefits are negotiated. Additionally, you can refer to My Well at Dell for plan details and visit the Wellness tab to learn more about the Dell Wellness Hub. If there is any discrepancy between this information and the plan documents, the plan documents will control. For information on alternatives that accommodate your physician's recommendations, contact Personify Health Member Services at 1-888-317-1268. All privacy policies and practices for Dell Technologies, Personify Health and Labcorp are accessible via the [Dell Wellness Hub > Support](#) > [Visit our FAQ Support Page](#) > [Legal](#).