Track Activities and Check Your Incentive Progress

Getting paid to Be Well has never been so easy. Use this simple guide to walk you through the steps of logging your points. It’ll take you no time to get the hang of it – and see those incentives increase!

1. From the homepage/dashboard at http://bit.ly/Alyfe, you can access your incentive activities by clicking on My Incentives and then clicking Track My Activities.
   a. Activities below that have a check box and complete next to them are activities you can self-report. Once you self-report your completion, you will be awarded your incentive points upon reporting your activity.
   b. All other activities are program submission activities submitted by an Alyfe or Be Well UC team member. Verification will be based on activity participation lists. Incentive points for these activities will be visible the first week of the following month.

2. You can view your incentive progress, by clicking on My Incentives and then selecting My Incentive Summary.

Incentive Summary

On the Incentive Summary page, you can review the points you have earned on the current incentive campaign. Each activity is listed on this page as well as its associated point value. A zero indicates that you have not yet completed that activity. At the top of the page you can see a description of the wellness program, as specified by your program administrator. You can see the overall maximum points allowed in the campaign, as well your total points earned.

Incentive Navigation

Each incentive row is a hyperlink. The hyperlink will bring you to the wellness portal page that will allow you to earn the points for that incentive. Some Incentives are not earned immediately and will need to be approved by your program administrator before they are distributed.

Past Incentive Campaigns

To review past Incentive Campaigns, use the drop-down box at the top right corner of the page. If your wellness program allows you to redeem your points for prizes, you will also see your Total Available Points, which is equal to your Total Earned Points minus the total number of points that you have redeemed.