How to Track Points

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, you can access your incentive activities one of three ways.

   a. Click on **Log My Points**.

   b. Scroll down to the **Incentive Summary** section.

   OR

   c. Click on **Log My Points** from the hamburger/drop down menu in the top left corner on the homepage.

2. Activities with a blue hyperlink are activities you can click and self-report. Once you self-report your completion or complete the activity, your incentive points will be reflected in the **Incentive Summary** section.

   All other activities are program activities reported by an Alyfe or Be Well UC team member. Verification will be based on activity participation. Incentive points for these activities will be visible in your **Incentive Summary** the first week of the following month after the points were reported.

3. You can view the points you have earned on each activity section in your **Incentive Summary**. A zero indicates that you have not yet completed that activity. You can see the overall points earned next to **Total**.

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If you would like to reach a member of the Be Well UC Team, please email wellness@uc.edu. If you need assistance or help with using the Alyfe Wellbeing portal (bewelluc.alyfewellbeing.com) please contact Alyfe via email at bewelluc@alyfewellbeing.com or by phone (844) 384-0500.

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