



Fort Bend County Podcasts

Podcast Episode 32- Personify

February 13, 2025

Gina: Welcome to this week's Benefit Detective Podcast. I'm Gina.

Wendy: And I'm Wendy. ***doorbell*** We have a visitor. Let's welcome Elexis. She is the Wellness Coordinator and Trainer for Fort Bend County.

Elexis: Hello, everyone.

Gina: Hi, Lex. Thank you for joining us.

Wendy: What is going on in wellness?

Elexis: Virgin Pulse is now Personify Health. That was the biggest change that started January 1, 2025. We still have our wellness platform. However, it's just a new name, Personify Health.

Wendy: Can you give us more information about the Personify platform?

Elexis: Sure. This is a platform is used to help employees make small, everyday changes for your overall well-being and actually focus on areas that you want to improve in on the most.

Gina: Lex, how does one sign up to use the platform and who can join?

Elexis: Employees who are enrolled in the Fort Bend County Medical Plan can utilize this platform. How you join, there is multiple ways. So first, you can use it as a website or you can use it as a mobile app.

Gina: How secure is the platform?

Elexis: The platform is secure. It's protected through the multifactor authentication process. So if you will be utilizing the website, you will have to duo in. If you will be using the mobile app, you will only have to duo in one time and the app will actually save your credentials.

Gina: Awesome.

Wendy: Elexis, I received an email from Fort Bend County Wellness. That's different from the Fort Bend County Health and Wellness. Is this email legit?

Elexis: Yes. So this email is legit. This is the "no reply notifications" coming from Personify Health, giving you updates on challenges and how to sign up.

Gina: With that being said, is there a challenge going on anytime soon?



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Elexis: There is actually a challenge going on right now. It's the month of February, so Valentine's Day, love is in the air. So, this challenge is "Being Kind", showing small acts of kindness. If you miss this challenge start date, no big deal. The cool thing about the platform is that you can start a challenge whenever you would like. And if you don't wanna participate in a group challenge, you can actually create your own individual challenge.

Gina: Are there topics or videos available that you know of?

Elexis: So, the cool thing about this platform is that it comes with a slew of topics that each individual can choose from. Remember, this platform is customized to your liking and your interest. So, you can actually go into the app or the mobile website and you can select what interests you the most on an area of health and well-being.

Gina: So, honestly, Wendy, have you checked it out?

Wendy: Yes. I actually saw a video. It was titled, "Make It Simple: Flavorful Taco Salad".

Gina: Oooh!

Wendy: I've not made it yet, but I plan on it. It looked very good.

Gina: Lex, have you checked any?

Elexis: I have not, but there was one that I remembered seeing that really caught my interest. It was how to make your own electrolytes. And the coolest thing about the video was it wasn't very long. It was a minute and a half, and it was super simple. So instead of spending money on Gatorade or something sugary to drink Yeah. You can actually make this electrolyte water at home.

Gina: That is pretty cool! And I'll admit, I did check it out, and I scrolled through it and found okay... Women everywhere yes. We know. Pelvic floor exercises! It gave actually how to strengthen your pelvic floor and, like, training your bladder because, you know, after kids and such, we laugh and sneeze.

Wendy: And age!

Gina: Yeah. Things happen. It's not what we wanted, but, hey, these are great to check it out. And there was like you were saying, it it was really a short video, and so I enjoyed that. That's great.

Wendy: Another one I wanna check out is titled, "How to Invest at Every Life Stage."

Gina: Oh, yeah! Because there's a lot of us out there that need to know. You know?

Wendy: Yes.

Gina: How can we better ourselves? So that's awesome.



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Elexis: And these videos, again, it's goes by your financial health and well-being. It will tell you if you want to do some exercises in your office, stretching. There is a whole variety of the of the videos in the media library.

Gina: That's so cool. I like that. And, guys, don't think that this is just tailored to women because it's not. I mean, there's a slew just like Elexis and Wendy were talking about. There's a slew of information. So, feel free, men and women, feel free to check it out.

Wendy: Well, thank you, Elexis, for joining us today.

Elexis: Absolutely!

Gina: Well, that's a wrap for this week's Benefit Detective Podcast. I'm Gina.

Wendy: And I'm Wendy. So, stay tuned for our next podcast, which releases every other Thursday.

Elexis: Don't forget, *Wellness Is a Lifestyle*.

Gina: And remember, the Benefit Detectives are here to help.