



Fort Bend County Podcasts

Podcast Episode 34- Personify: Pillars

March 13, 2025

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

Wendy: And I'm Wendy. And joining us today is our Wellness Coordinator and Trainer, Elexis.

Elexis: Hello!

Gina: Today, we are going to discuss Personify's Pillars.

Wendy: In case you're wondering what, we're talking about, on the Personify homepage at the top of the page you will see tabs like "home", "health" and there will be the "more" tab. And under that tab you'll find a section called, "Pillars."

Gina: Lex, can you tell us a little bit more about Pillars?

Elexis: So, a Pillar is something reliable providing essential support for something. So, as you know, Personify Health, this is a wellness app to help you along your journey to health and well-being. So, if you look on your Pillars, they are divided into four different categories. You have "energy", "focus", "drive", and "health situation". So, I'm gonna use the "focus" Pillar, as my personal example. So, with this Pillar design, what this Pillar is designed to do, is it's going to sharpen your focus. You're going to learn how to manage emotions, your stress levels because we all have stress, and you can learn new things to feel more productive and active throughout the day. So, if you look at the focus Pillar, it actually gives you subcategories of what you want to focus on. Do you wanna focus on brain health? Do you wanna focus on managing stress or being productive? And even if you wanna learn a new hobby or if you want to learn maybe even a new language.

Wendy: So, are everyone's Pillars the same?

Elexis: So, everybody's Pillars is the same, but you can decide on what you want to focus on. Like, for example, the focus, it's all about learning new things. If I wanna learn a new hobby or if I want to learn a new language, I can go under my "healthy habits" or "personal challenges", and I can click on what interests me.

Gina: Those are, those Pillars are pretty cool because I'll be honest, I checked it out today, and I was focusing more on, I forgot what topic it was, but there was some section in there about creating like your own personal...

Elexis: healthy habit?



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Gina: Yeah. Like a healthy habit. Like, your own challenge. So, and there was one I thought I just need something simple. Right? I'm gonna start something simple. So, it said a hug. Like, who do you care for that you will go give a hug today?

Elexis: I hope it's me. ***everyone laughing***

Gina: Of course. You're always in my heart. So yeah. So, it was very, very cool to see, like, it would start, like, tomorrow, and it would go on for, like, seven days. And I would have to hug at least one person each day.

Elexis: And I like it because once you start this personal challenge, it will give you reminders telling you did you do what you were trying to learn, did you take a break to go give somebody a hug? And it'll actually hold you accountable for something that you want to learn.

Gina: And those are easy, like, little challenges that we can set up just for ourselves. Because, honestly, throughout the day, do you hug a person?

Elexis: I try to.

Gina: Yeah. I try to. I try to hug my child or a parent or someone who would let me hug them. Don't go around hugging people without their permission.

Elexis: But the thing, again, it's super it's super neat that we forget is everybody's challenge is different. Some people aren't huggers. So, for all of my non huggers out there that doesn't like anyone touching them, you don't have to participate in this challenge. Everything is tailored according to your likes and your interests.

Gina: Exactly. So, if you wanna go ahead with that challenge, make sure you ask for permission first. I'm just saying.

Wendy: So what kind of topics are under the "drive" Pillar?

Elexis: So, under the drive pillar, you have how to maintain healthy relationships, you have financial well-being, you have your family well-being, purpose and belonging, and acting sustainably. Remember, fostering relationships, making meaningful contributions to your family, and building financial stability is all part of health and well-being. This app really is a neat app. And, yes, I might be biased, but the more that I dive in and the more that I actually look around on the app, it really gives a lot of good information. If you don't have a healthy routine or if you're trying to come up with healthy habits throughout the day to overall better your well-being, then this is the perfect way to start.

Gina: It really is. I agree. Because I actually took four minutes out of my day today, and there was a section under the media. And it had the sounds of a rainforest with piano playing. It was just four minutes. But it was kind of like a meditation for breathing. So, while I was at lunch, I took four minutes out and I did it. And I actually felt better.



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Elexis: Yeah. And again, it has a lot of good content, but you have to try to narrow it down what interest you the most. And then honestly, if there's some information that you aren't interested in, you don't have to look at it. You can leave it there and maybe one day you might change your mind.

Gina: Exactly. Well, thank you Elexis for joining us on this week's podcast.

Elexis: You're very welcome.

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

Elexis: And I'm Elexis. And always remember, "Wellness is a Lifestyle".

Wendy: And I'm Wendy. So, stay tuned for our next podcast, which releases every second and fourth Thursday of each month.

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