

Build a better you

The more you do, the more you earn.



It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to \$25 in Pulse Cash per quarter and \$390 on your insurance premium!

- Between January 1 and December 15, 2022, **ALL EMPLOYEES** will have the opportunity to earn points by participating in online, onsite and at-home wellness activities.
- These activities are tracked through the **Virgin Pulse** platform and will provide you the opportunity to win cash prizes.
- In addition, **HSL Health Insurance Members** who qualify will pay lower health insurance premiums in the next plan year.

What you can earn each quarter:

	Level 1 >	Level 2 >	Level 3 >	Level 4	Total rewards for the quarter
Points	1,000	4,000	8,000	12,000	
Pulse Cash	\$5	\$5	\$5	\$10	\$25

Pulse Cash Annual Max = \$25 x 4 quarters = **\$100**

Reach **Level 4** in 3 out of 4 quarters to earn Premium Discount!

See **ways to earn points** on the next page >



How to use Pulse Cash:



Visit the store.



Donate it.



Get a gift card.

Highlighted ways to earn points: Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things	Earn points
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
	Daily calorie tracking	Via MyFitnessPal 20
	Complete a step in Journeys®	15
	Attend a LiveWELL fitness class	Once per week 50
Monthly	Complete the promoted healthy habit challenge	200
	Create a personal challenge	Points are received for only 1 personal challenge per month 100
	Complete a Journey	Points are received for completing only 1 Journey per month 200
	Complete 10 Daily Cards in a month	100
	★ Complete 20 Daily Cards in a month	200
	Track Healthy Habits 10 days in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	Track sleep 20 days in a month	200
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	Per month 100
	20-Day Triple Tracker: 10,000 steps/15 active minutes/15 workout minutes	Per month 500
	Charitable event or volunteer	50
	Wellness Workshops	50
	Attend a mental health counseling session	Once per week 50
	Participate in Ginger	Once per week 50



Quarterly	Set your interests		100
	Join the Company challenge (Walking or Spotlight challenge)	Dates to be determined—stay tuned!	200
	Track at least once a week for all weeks of the challenge		100
Yearly	Set a wellbeing goal		200
	Invite a colleague to join	Up to 5 times	50
	Completing the Health Check Survey		1000
	Preventative Care: Dental Visit	Up to 2 times	500
	Preventative Care: Annual Physical Exam		1000
	Preventative Care: Annual Screenings (colonoscopy, mammogram, pap smear, eye exam, skin exam, prostate exam, depression screenings, bone density screening (osteoporosis))	Per exam	500
	Attend a financial planning session		50
	Identify a health care proxy		50
	Attend the Wellness & Benefits Fair		300
	Donate blood	Up to 3 times	100
One Time	Complete registration	New members only	1000
	First login to mobile app		200
	Connect first activity device		200
	Connect calorie tracker	Via MyFitnessPal	100
	Add profile picture		100
	First time tracking healthy habits 5 days in a month		100

Bonus points get you there faster!



Want to reach Level 4? Earn your bonus points! Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Not a member yet? Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/HSLlivelwell.

Have questions? We're here to help.

Reach out to our support team at support@virginpulse.com or give us a call at 888-617-9395

