

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.

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**

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



Yearly	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/HSLlivewell.

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

