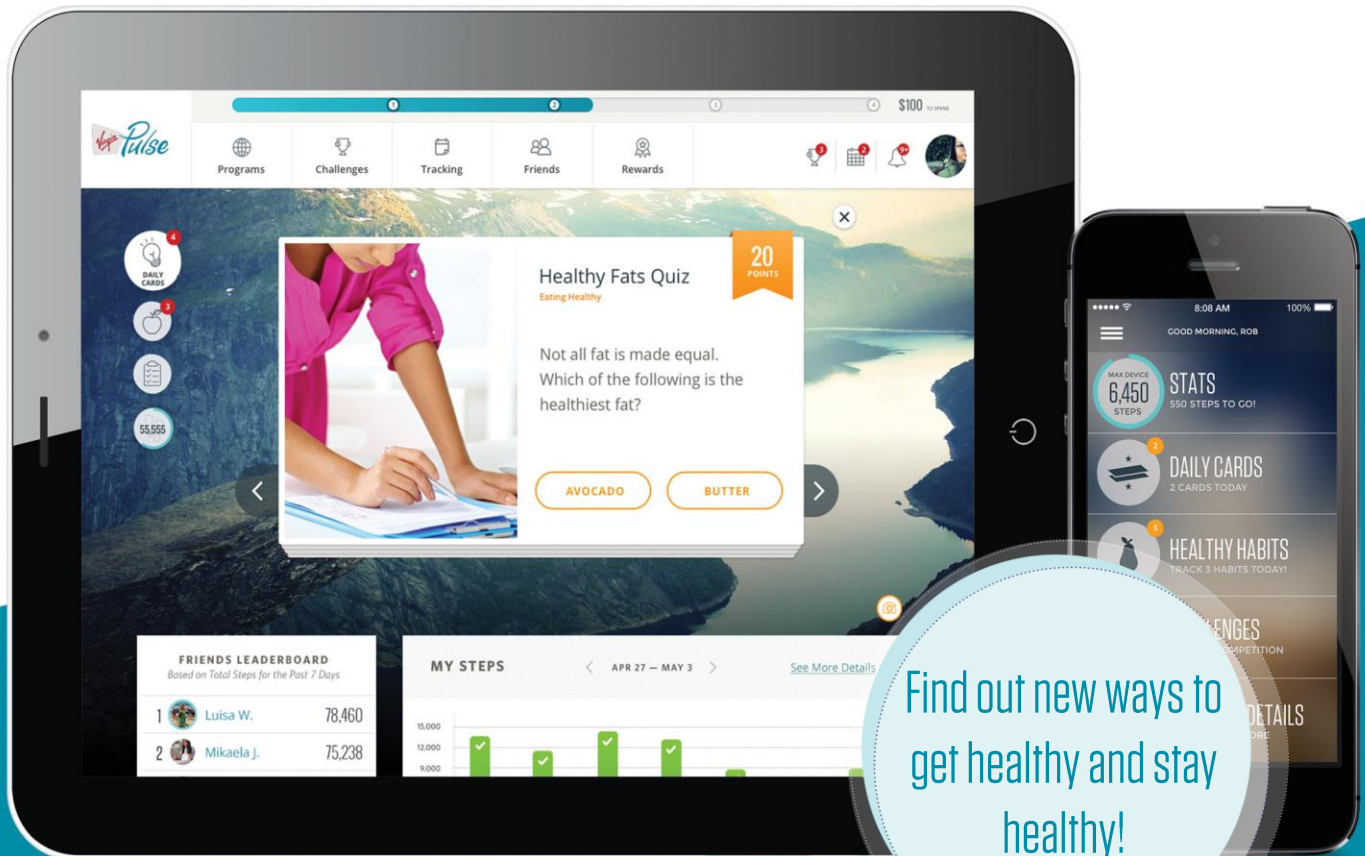




IT'S YOUR TIME TO THRIVE.

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded.



Find out new ways to get healthy and stay healthy!

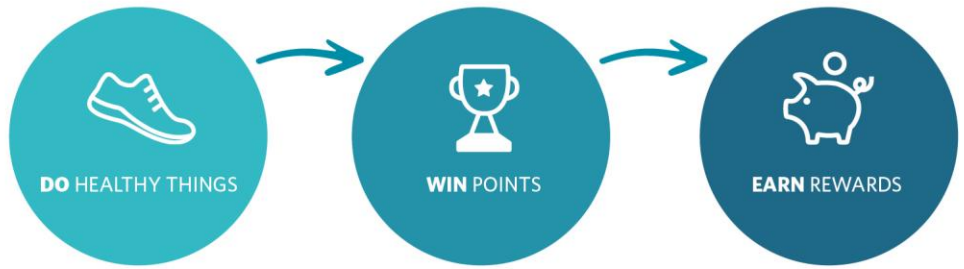
What You'll Do

- ➔ Register for your Virgin Pulse account.
- ➔ Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!
- ➔ Check in by taking health measurements like weight and blood pressure.
- ➔ Take part in challenges with friends, discover healthy tips, and more.
- ➔ Get rewards for the healthy things you do!

	Level 1	Level 2	Level 3	Level 4
POINTS EARNED	5,000	15,000	35,000	60,000
GIFTCARD OR CHARITY DONATION	\$20	\$60 (\$80 Total)	\$60 (\$140 Total)	\$60 (\$200 Total)

Your rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards!



How to Earn Points

Activity Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile)	DAILY (up to 140 Points/day)	Per 1,000 steps 15 or more active minutes 30 or more active minutes 45 or more active minutes	10 Points 70 Points 100 Points 140 Points
	MONTHLY	Take 7,000 steps 20 days in a month Take 10,000 steps 20 days in a month	400 Points 500 Points
Measurements	MONTHLY	Enter your measurements (weight and/or blood pressure)	50 Points
Self Tracking Track Healthy Habits and various activities	DAILY	Track healthy habits (3 max)	10 Points
	MONTHLY	Track 10 days in a month Track 20 days in a month	200 Points 300 Points
Cards Complete	DAILY	Complete cards (2 per day)	20 Points
Challenges	MONTHLY	Create a personal challenge Join a personal challenge Achieve the promoted Healthy Habit for 5 of 7 days	50 Points 100 Points 200 Points
	QUARTERLY	Join the company challenge	100 Points
Learn the basics of emotional intelligence, mindfulness and yoga with WHIL	DAILY	Complete a Whil session	20 Points
	WEEKLY	Complete a Whil program	50 Points
	MONTHLY	Complete 10 Whil sessions in a month	100 Points
		Complete 20 Whil sessions in a month	200 Points
QUARTERLY	Set interests	100 Points	
More!	YEARLY	Wellness Exam	20,000 Points
		Flu Shot	2,500 Points
		Dental Exam (2 per year)	2,500 Points
		Vision Exam	2,500 Points
		Health Assessment	2,500 Points
	Cancer Screening (3 per year)	5,000 Points	
	ONE-TIME	Connect first activity device	200 Points
First login to mobile app		250 Points	
Refer a colleague (5 Max - 50 points each) Add first 5 friends		250 Points 250 Points	
PROGRAM	Tobacco Free Agreement Set a wellbeing goal	250 Points 200 Points	

Visit the [How to Earn](#) page for more ways to earn rewards!



Sign up now at join.virginpulse.com/WELLSTYLES

Already a member? Login at member.virginpulse.com

Questions? Contact Member Services at 888-671-9395

