

# Rewards

The more you do, the more you earn.

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.



Do  
Healthy Things







Earn  
Points



Celebrate  
Success

## What you can earn each quarter:

	 Bronze	 Silver	 Gold	 Platinum	Keep going!
<b>Points</b>	1,000	5,000	12,000	20,000	
<b>Pulse Cash</b>	\$10	\$10	\$20	\$20	
<b>Dollar Incentives</b>					
				Complete the Health Check survey	\$15
				Complete the Biometric Screening	\$30
				Certified Nicotine Free	\$5
				Healthy Measurements	\$10

### Not a member yet?

Don't miss out on all the fun! Get the mobile app or go to [join.virginpulse.com/trilogyfit](https://join.virginpulse.com/trilogyfit).



# Ways to earn:

	Do healthy things	Earn points	
Daily	Take 7,000 steps in a day	70	
	Work out for 15 minutes in a day	70	
	Work out for 30 minutes in a day	100	
	Work out for 45 minutes in a day	140	
	15 active minutes in a day	70	
	30 active minutes in a day	100	
	45 active minutes in a day	140	
	Do your Daily Cards	2 x per day	20 per card
	Complete a Journeys® step		20
	Browse healthy recipes		10
	Daily calorie tracking		20
	Track sleep nightly		20
	Sleep >7 hours in a night		50
	Track your Healthy Habits	3 x per day	10 per habit
Weekly	Favorite a recipe	10	
	Add a recipe to Grocery List	10	
Monthly	Self entered measurements	50	
	Create a personal challenge	50	
	Ideal or improved blood pressure	150	
Quarterly	Ideal or improved body mass index	150	
	Choose your eating type	250	
Yearly	Complete a Journey	150	
	Invite a colleague to join	5 x per day	50 per referral
	Set a wellbeing goal		200
	Preventive screenings	4 x per day	500
One Time	Volunteering	4 x per day	250
	Connect calorie tracker		100
	Add a profile picture		100
	First login to mobile app		250
	Add 5 friends		250
Anthem	Complete the Nicotine-Free Agreement		100
	Complete your first Virtual Visit on Anthem's LiveHealth Online	One-time	100
	Anthem Engage Registration	One-time	200

For more ways to earn, visit **How to Earn** under the Rewards tab on the site — or **Program Details** on the mobile app.

