

# REWARDS

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. Your Wellness Team is changing things up this year! The more you do, the more you'll earn—up to \$300 in Pulse Cash in 2022.

Complete these activities to earn Pulse Cash:

<b>Complete by December 31, 2022</b>	Complete a biometric screening	\$20
	Annual physical with PCP	\$40
	<b>Total Pulse Cash</b>	<b>\$60</b>

You can participate in additional healthy activities throughout the year to earn points and watch your Pulse Cash add up.

	Level 1 >	Level 2 >	Level 3 >	Level 4	<b>Additional rewards max for the quarter</b>
<b>Points</b>	2,500	5,000	10,000	15,000	
<b>Pulse Cash</b>	\$5	\$10	\$20	\$25	<b>\$60</b>

**Pulse Cash Annual Max** = \$60 x 4 quarters = **\$240**

See [ways to earn points](#) on the next page >



## 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
<b>Getting started</b>	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Completing the Health Check survey*	1,250
	Add 5 friends	250
<b>Daily</b>	Take 1,000 steps in a day	10
	Do your Daily Cards	20
	Track your Healthy Habits	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a Whil session	20
	Browse healthy recipes	10
	Complete a Journey Step	20
	Win the promoted Healthy Habit Challenge	200
<b>Monthly</b>	 Complete 20 Daily Cards in a month	200
	 Track Healthy Habits 20 days in a month	300
	 Track sleep 10 days in a month	100
	 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Take validated measurements	250
	Join the company challenge	200
	Complete a coaching appointment	50
	Choose your eating type	250
<b>Quarterly</b>	Choose your sleep profile	250
	Complete a Journey	150
	Set a wellbeing goal	200
<b>Yearly</b>	Complete Clickotine tobacco cessation program*	5,000
	Complete a Nicotine-Free Agreement	100
	Complete Initial Virta Application*	500
	Complete Virta Enrollment Labs*	1,000
	Complete Virta Follow-up Labs*	2,000
	Preventive Screenings (4x per year)*	500

\*new in 2022

## 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.



## Who's eligible:

All employees and spouses are eligible to participate in the wellbeing program and earn rewards.

**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).

