



# Rewards

Earn up to \$250 for participating!



do healthy things



earn points



get rewards

Our wellbeing program is designed to help you build healthy habits, manage stress, stay active and make the healthy changes you want to see. By staying engaged with the program over time, you'll earn points toward \$62.50 each quarter to total \$250 a year. Plus, reach Level 2 or higher and be entered into a quarterly drawing for an additional \$250 in rewards!

## New to the Virgin Pulse program? How to get started:

### STEP 1

**Sign up** for your Virgin Pulse account by going to [join.virginpulse.com/MEABT](https://join.virginpulse.com/MEABT).  
Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com).

### STEP 2

**Sign up** with your name as it appears on your Anthem card.

### STEP 3

**Download the Virgin Pulse mobile app** for iOS or Android.  
Access your account and track your activity anywhere, anytime.

*Please note: An activity tracking device is not required to participate.*



**Eligibility:** Everyone enrolled (active & retired) in an MEABT health plan, including enrolled spouses, domestic partners, and dependents aged 18-26, are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

## Questions?

Contact Virgin Pulse Customer Service: 1-855-689-6884.

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## What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total Rewards per quarter	Up to \$250 after 4 quarters
<b>Points</b>	2,000	5,000	12,000	18,000		
<b>Pulse Cash</b>	\$5	\$10	\$20	\$27.50	<b>\$62.50</b>	

Participants can earn up to \$62.50 a quarter—which equals \$250 after completing 4 quarters. Points refresh each quarter, but your earned Pulse Cash is yours to keep and accumulate.

## A quick guide to success:

Activity	Quarterly Points Earned
<b>Do one Daily Card = 20 points</b>	
Complete 2 Daily Cards, 5 days a week	2,560
Bonus: Complete 10 Daily Cards in a month	600
Bonus: Complete 20 Daily Cards in a month	1,200
<b>Track one Healthy Habit = 10 points</b>	
Track Healthy Habits, 3x a day for 5 days a week	1,920
Bonus: Track Healthy Habits 10 days in a month	900
Bonus: Track Healthy Habits 20 days in a month	1200
<b>Take 7,000 steps in a day = 80 points</b>	
Take 7,000 steps a day for 5 days a week	5,120
20-Day Triple Tracker: 7,000 steps/15 active min/15 workout	1,500
20-Day Triple Tracker: 10,000 steps/30 active min/30 workout	1,800
<b>Complete one RethinkCare session per day = 20 points</b>	
Complete 5 RethinkCare sessions in a week	1,280
Complete a RethinkCare Program	600
Bonus: Complete 10 RethinkCare sessions in a month	300
Bonus: Complete 20 Whil sessions in a month	600
<b>Track Sleep Manually per night = 20 points</b>	
Track Sleep Manually 5 days a week	1,280
Bonus: Track Sleep 10 days in a month	300
Bonus: Track Sleep 20 days in a month	600
<b>Track calories daily = 20 Points</b>	
Daily calorie tracking for 5 days a week	1,280
Track calories 10 days in a month	600
Track calories 20 days in a month	900
<b>Quarterly activities for success</b>	
Set your Interests	250
Choose your eating type	250
Choose your sleep profile	250
Complete a video from the Media Library	600
Give and receive Shoutouts	600
<b>Quarterly Total:</b>	<b>26,170</b>

Activity	Points Earned
<b>Preventive care: 1x per program year</b>	
Annual Physical	1,000
Mammogram	500
Pap Test	500
Prostate Exam	500
Colonoscopy	500
<b>Annual Total:</b>	<b>3,000</b>

To earn rewards for preventive care exams, complete and submit the online Preventive Care Attestion Form.

1. Go to the **Benefits** tab in your Virgin Pulse account.
2. Click on the **Preventive Care Attestion Form** card.
3. Select the preventive exams you've completed.
4. Complete the form and click **Submit**.

### How to use Pulse Cash:



Shop



Donate



Gift Cards

This guide does not include all methods and strategies to earning points. The Quarterly Points Earned above assumes, on average, you are active 5 days a week for a total of 64 days per quarter. If you need assistance with setting yourself up for success, please contact Virgin Pulse Member Services at 1-855-689-6884.

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