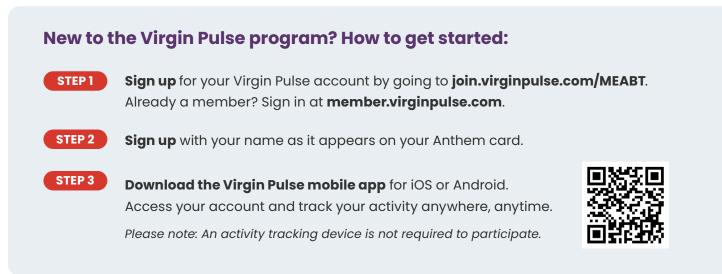


Rewards

Earn up to \$250 for participating!



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!



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.



What you can earn each quarter:

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

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					
Do one Daily Card = 20 points						
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					
Track one Healthy Habit = 10 points						
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					
Take 7,000 steps in a day = 80 points						
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 mi	n/30 workout 1,800					
Complete one RethinkCare session per day = 2	20 points					
Complete 5 RethinkCare sessions in a week	1,280					
Complete a RethinkCare Program	600					
Bonus: Complete 10 RethinkCare sessions in a n	nonth 300					
Bonus: Complete 20 Whil sessions in a month	600					
Track Sleep Manually per night = 20 points						
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					
Track calories daily = 20 Points						
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					
Quarterly activities for success						
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					
Qua	rterly Total: 26,170					

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

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 $\ensuremath{\text{Preventive Care Attestion Form}}$ card.
- 3. Select the preventive exams you've completed.
- 4. Complete the form and click **Submit**.

How to use Pulse Cash:



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.

