

WELLNESS PROGRAM



LACE UP & GET STARTED

The everyday choices we make can help us live healthier, happier, and more fulfilling lives. Whether that means helping you get or stay healthy. Join the program to make small, everyday changes to your wellbeing that are focused on the areas YOU want to improve the most.



SMALL STEPS LEAD TO BIG CHANGES

- **Download the Virgin Pulse Mobile App** - Get all the core features at your fingertips for on-the-go healthy living.
 - **Participate using the online Virgin Pulse portal** - Creating your account is the first step needed to participate in the program.
- No points can be earned without registering for portal access!**

UNLEASH THE WINNER WITHIN

ALL EMPLOYEES can earn points for participating in healthy activities to advance through the program levels each quarter by the deadlines outlined below. Earn AWARDCO cash at every level, up to \$25 per quarter / \$100 annually.

	Level 1	Level 2	Level 3	Level 4	Level 5
Points	1,000	4,000	8,000	15,000	\$20,000
AwardCo Cash	\$5	\$5	\$5	\$10	Prize Draw

Quarterly Deadline Dates	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
	3/31/2024	6/30/2024	9/30/2024	12/31/2024

EMPLOYEES ON THE MEDICAL PLAN - Level up and earn your 2025 Wellness Credit!

- ✓ Complete an annual physical between January 1, 2024 and October 31, 2024 (reported by BCBS).
- ✓ Complete your online Health Risk Assessment between January 1, 2024 and October 31, 2024.

FAQs

Who can participate?	All associates may participate in the wellness program.
Is the program mandatory?	No. The wellness program is a completely voluntary program.
What if I am unable to participate in the wellness program due to a medical condition?	You may be eligible for alternative ways to participate. For more information, check out our Support Page Answers or send us an e-mail!

Ongoing member support: Chat support available 2am – 9pm EST, Monday – Friday via “Help” or “Chat” located on the platform when registering and once logged in.

Phone: 888-671-9395 | Email: support@virginpulse.com
Hours of phone/email support: 8am – 9pm EST, Monday – Friday

