



Earn up to
\$75
per year!

Rewards

Use the Virgin Pulse wellness program to build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and well-being.

Did you know your spouse is eligible to join the Strong for Life well-being program?

- Both you AND your spouse can earn up to **\$75 in Pulse Cash** each for participating in healthy activities.
- Make sure to complete your **Physician Screening Form by the November 30, 2024, deadline!**

2024 Employee & Spouse Wellness Program:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	5,000	15,000	30,000	40,000	
Pulse Cash	\$15	\$20	\$20	\$20	\$75

Not a member yet? Don't miss out on all the fun!
Get the mobile app or go to join.virginpulse.com/StrongTie.





How to get started

- Step 1** **Sign up for your Virgin Pulse account** by going to join.virginpulse.com/StrongTie. Already a member? Sign in at member.virginpulse.com.
- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3** **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
- Step 4** **Upload a profile picture** and add some friends.
- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Get the app:



Ways to earn:

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:
Getting started	Complete the Health Check survey	1,000
	First login to mobile app	250
	Complete the Nicotine-Free Agreement	100
	Set a wellbeing goal	200
	Choose your sleep profile	250
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Take 10,000 steps in a day	100
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly (validated)	20
	Track sleep nightly (manually)	10
	Daily calorie tracking (via MyFitnessPal)	20
Weekly	Browse healthy recipes	10
	Favorite a recipe	10
Monthly	Add a recipe to the grocery list	10
	Win the promoted Healthy Habit Challenge	200
	Create a personal challenge (1 per month)	50
	Join a personal challenge (1 per month)	100
	Join the company challenge (4 per year)	100
	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track calories 20 days in a month	300
	Reach the final destination in the destination challenge (4 per year)	400
	Take validated measurements	250
Quarterly	Self-entered measurements	50
	Attend the Financial Wellness webinar	100
	Choose your eating type	250
	Complete a Journey (3 per quarter)	150
Yearly	Set your interests	100
	Complete a biometric screening	1,000
	Invite a colleague to join	50
	Complete 3 preventive care activities	1,000
	Ideal or improved blood pressure	150
	Ideal or improved blood mass index	150
	Ideal or improved fasting glucose	150
	Ideal or improved non-fasting glucose	150
	Ideal or improved total cholesterol	150
	Ideal or improved body fat levels	150
Ideal or improved waist circumference	150	