



IT'S YOUR TIME TO THRIVE.

The Virgin Pulse well-being program gives you the tools to get active, get healthy, and get rewarded.



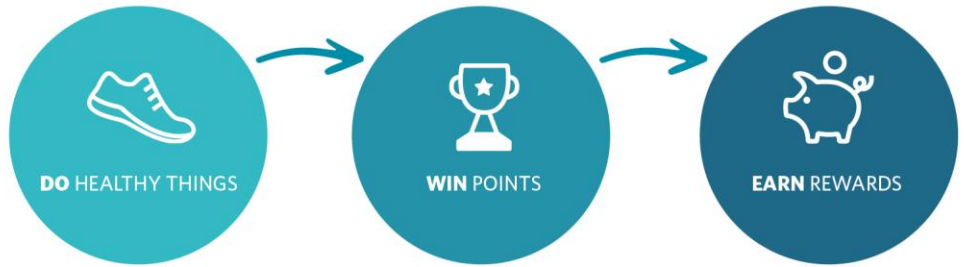
What You'll Do

- ➔ Register for your Virgin Pulse account.
- ➔ Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!
- ➔ Check in by taking health measurements like weight and blood pressure.
- ➔ Take part in challenges with friends, discover healthy tips, and more.
- ➔ Get rewards for the healthy things you do!

Learn how you can earn \$100's of dollars in HSA contributions!

Your rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards!



	Level 1	Level 2	Level 3	Level 4
POINTS EARNED	7,500	15,000	22,500	30,000
SINGLE HSA MEMBER REWARDS	\$75	\$150	\$225	\$300
FAMILY HSA MEMBER REWARDS	\$150	\$300	\$450	\$600

How to Earn Points

Activity Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile)	DAILY (up to 140 Points/day)	Per 1,000 steps 15 or more active minutes 30 or more active minutes 45 or more active minutes	10 Points 70 Points 120 Points 140 Points
	MONTHLY	Take 7,000 steps 20 days in a month Take 10,000 steps 20 days in a month	400 Points 500 Points
Measurements Self-entered measurements	MONTHLY	Enter your measurements (weight and/or blood pressure) Take validated measurements	150 Points 250 Points
	DAILY (up to 30 Points/day)	1 entry	10 Points
Cards Complete	DAILY	Complete card (2/day)	20 Points
	MONTHLY	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 Points 200 Points
Challenges	MONTHLY	Create a personal challenge Join a personal challenge Achieve the promoted Healthy Habit for 5 of 7 days	50 Points 100 Points 200 Points
	YEARLY	Join the Company challenge (2/year)	1,000 Points
More!	ONE-TIME	Registration Set interests Connect activity device Add a profile picture First 5 friends First login to mobile app Tobacco Free Agreement Set a wellbeing goal	3,000 Points 100 Points 2,000 Points 100 Points 250 Points 250 Points 100 Points 200 Points
	YEARLY	Complete the Health Assessment	2,000 Points



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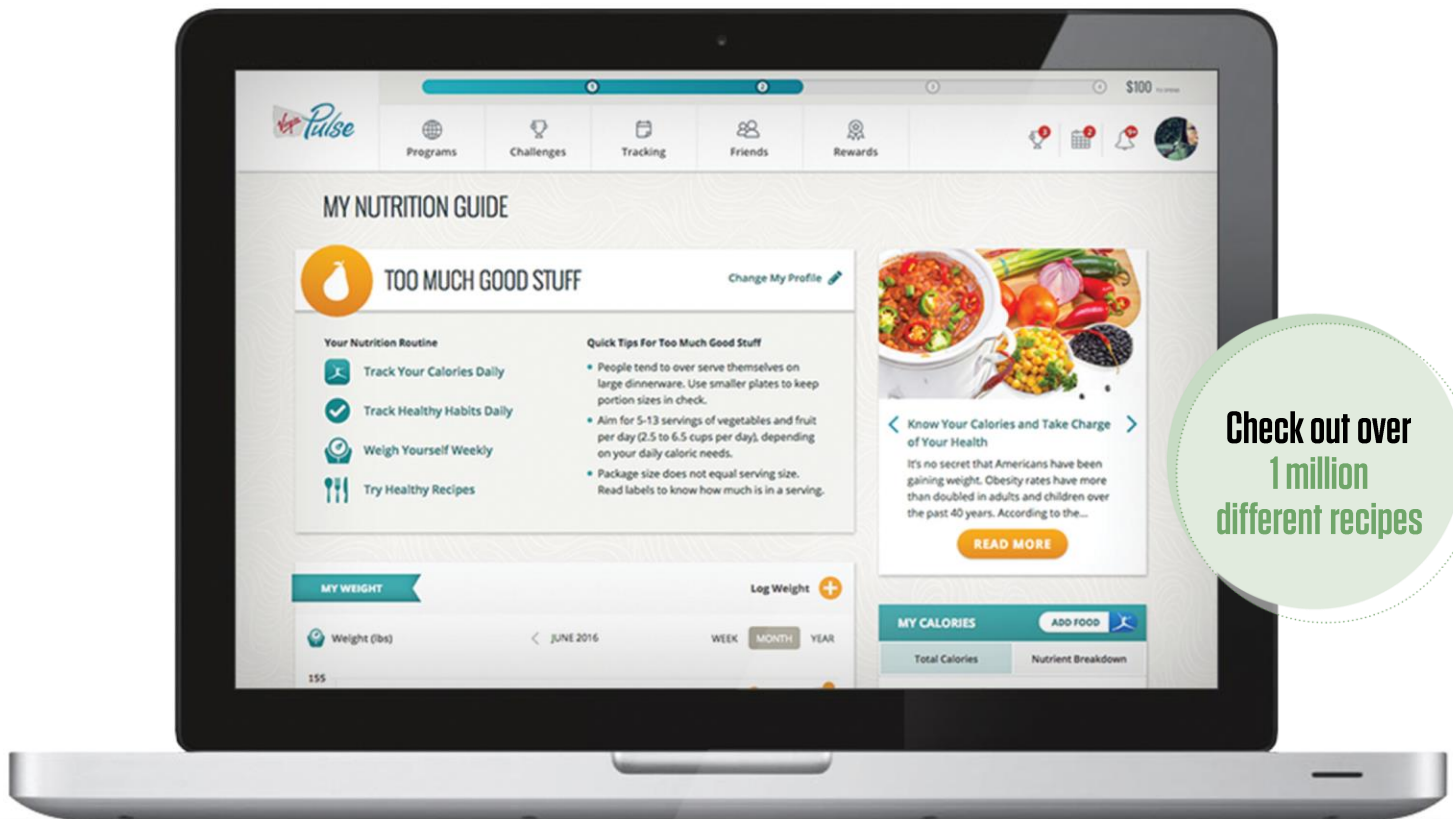
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Questions? Contact Member Services at 888-671-9395



Build healthy nutritional habits for life!

Good nutrition and regular exercise are essential for good health. But we understand it's not always easy to stay on course! Say hello to the **Virgin Pulse Nutrition Guide**, an easy-to-use guide to help you navigate the nutrition landscape. As an added bonus, you can earn reward points, too.



Check out over
1 million
different recipes

Earn points for making good nutritional choices!

Nutrition	DAILY	Browse healthy recipes Daily calorie tracking	10 Points 20 Points
	WEEKLY	Favorite a recipe Add a recipe to grocery list	10 Points 10 Points
	MONTHLY	Track calories 10 days in a month Track calories 20 days in a month	200 Points 300 Points
	QUARTERLY	Chose your eating type	250 Points
	ONE-TIME	Connect calorie tracker	100 Points



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