



**Earn rewards
by
participating!**

VIRGIN PULSE WELLNESS PROGRAM

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

Mauser has partnered with Virgin Pulse because we care about your health and wellbeing. Our program offers resources to improve your health including engaging activities and tools to track your steps, sleep and healthy habits. Plus, you'll earn valuable incentives through HSA contributions and/or Pulse Cash when you participate.

Continue reading to learn more.

Who's eligible:

Employees who are enrolled in a qualified Mauser medical plan with Virgin Pulse wellness incentive program are eligible to participate, earn Virgin Pulse points and receive HSA contributions or Pulse Cash rewards, in accordance with Benefits Guide details.

What's in it for you:

- **Family reward segment, if you are enrolled in an HSP plan:**
Earn up to **\$1,500/year** in HSA contributions.
- **Employee reward segment:**
Earn up to **\$750/year** in HSA contributions.
- **PPO reward segment, if you are enrolled in a PPO plan:**
Earn up to **\$300/year** in Pulse Cash.
- **Participants can access personalized tools and support to meet their wellbeing goals.**





Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels.

What you can earn at each level:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards
Points	7,500	15,000	22,500	30,000	
HSA Rewards* (employee plus or family coverage)	\$150 HSA	\$300 HSA	\$450 HSA	\$600 HSA	\$1,500 in HSA contributions
HSA Rewards* (single coverage)	\$75 HSA	\$150 HSA	\$225 HSA	\$300 HSA	\$750 in HSA contributions
PPO Rewards** (all coverage levels)	\$25	\$50	\$100	\$125	\$300 in Pulse Cash

*You may earn Virgin Pulse points from January 1 through November 30. Points equate to HSA contributions that will be contributed to your Health Savings Account for HSP/HSA Plan participants. Your HSA dollars will be deposited on or around the 15th of April, July, October, and December. Participants must be actively employed with Mauser on the day of deposit to receive any earned rewards.

**PPO Plan participants may earn up to \$300 in Pulse Cash from January 1 to November 30. Pulse Cash can be redeemed for gift cards, charitable donations or health and wellness items in the Virgin Pulse Store. Federal tax law does not include a specific exemption for wellness program incentives; non-HSA wellness incentives are subject to the same tax rules as any other employee reward or prize.

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:
One time	Complete registration	3,000
	First login to mobile app	250
	Connect first activity device	2,000
	Add a profile picture	100
	Add 5 friends	250
	Complete the Nicotine-Free Agreement	100
	Set a wellbeing goal	200
	Set interests	100
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 cards per day)	20
	Track your Healthy Habits (3 habits per day)	10
Monthly	Take 7,000 steps 20 days in a month	400
	Take 10,000 steps 20 days in a month	500
	Complete 10 Daily Cards in a month	100
	Complete 20 Daily Cards in a month	200
	Create a personal challenge	50
	Join a company challenge	100
	Achieve the promoted Healthy Habit Challenge for 5 of 7 days	200
	Enter your measurements (weight and/or blood pressure)	150
Yearly	Take validated measurements	250
	Complete the Health Check survey	2,000
	Join a personal challenge	1,000



Not a member yet?

Get the mobile app or visit:

join.virginpulse.com/mauser

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Send us an email: support@virginpulse.com



**Check out over
1 million
different recipes!**

Nutrition guide

Eating healthy is simpler than ever.

When it comes to your eating style, would you like to be more of a meal planner? Or a balanced eater? Tell us what changes you want to make and you'll receive tools, personalized tips and great recipes from Foodsmart—just for you. Foodsmart has everything you need to stay on track with your nutrition goals.

Get started

Visit member.virginpulse.com, go to the **Health** tab and select the **Nutrition Guide** or scan the QR code to open in your app.



Earn points for making healthy nutritional choices!

		Points	
Nutrition	Daily	Browse healthy recipes	10
		Daily calorie tracking	20
	Weekly	Favorite a recipe	10
		Add a recipe to grocery list	10
	Monthly	Track calories 10 days in a month	200
		Track calories 20 days in a month	300
	Quarterly	Choose your eating type	250
	One time	Connect calorie tracker	100

