

# 2022 REWARDS

The more you do, the more you earn.

Earn rewards by making healthy decisions. All employees can earn up to \$300 in Pulse Cash this year. Employees and spouses/domestic partners enrolled in a CSAA IG medical plan can also earn up to \$400 each year in HSA/HRA incentives, for a total of up to \$800.

Participate in healthy activities throughout the year to earn points and watch your Pulse Cash and HSA/HRA incentives add up.\*

	Level 1	>	Level 2	>	Level 3	>	Level 4	Reward max for the year
Quarters 1-3 Points	1,000		6,000		12,000		18,000	
Quarter 4** Points	500		2,500		5,000		8,000	
<b>Pulse Cash</b> Employees Only	\$5		\$10		\$15		\$45	\$75/quarter \$300/year
<b>HSA/HRA</b> Medically enrolled employees and spouses/domestic partners	\$10		\$20		\$30		\$40	\$100/quarter \$400/year

\*\*10/1 - 11/4

See **ways to earn points** on the next page >

If you have Employee+Child(ren) coverage, you may be eligible to earn \$400 in well-being incentives on behalf of your child(ren), for a total of up to \$800. You must agree to follow simple child health and safety guidelines. Details can be found on the Virgin Pulse platform under Home > Rewards.

Complete the below activity to earn a fitness reimbursement of up to \$100 in Pulse Cash

<b>Complete monthly, up to 5 times a year</b> Employees only	Triple Tracker: 20 days of 10,000 steps/30 active minutes or 30 workout minutes	<b>\$20/month (5x max)</b>
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\*Pulse Cash is awarded to employees as each level is achieved. All Pulse Cash will be taxed through Workday as it is earned. HSA/HRA earnings are available to employees and spouses/domestic partners who are enrolled in a company medical plan. The amount is based on the level achieved on the last day of the quarter. In order to receive incentives, you must be employed and receive a paycheck from the company on the date the contribution is scheduled to be deposited, no later than 6 weeks following quarter-end. All contributions are prospective.






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**Highlighted ways to earn points:** Visit the **How to Earn tab** under **Rewards** in your account for a complete list of all the ways you can earn points.

	Do healthy things	Earn points
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	500
	Complete the Health Check survey	1,000
	Complete a biometric screening	1,000
	Complete a Next-Steps Consult® appointment	500
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a Whil meditation session	20
	Browse healthy recipes	10
	Complete a step in Journeys®	20
Monthly	Win the promoted Healthy Habit Challenge	200
	 Complete 20 Daily Cards in a month	200
	 Track Healthy Habits 20 days in a month	300
	 Track sleep 10 days in a month	100
	Join the company challenge	100
	Complete 10 Whil sessions	100
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a well-being goal	200
	Complete the Nicotine-Free Agreement	100
	Invite a colleague to join	50

## Bonus points get you there faster!



**Want to reach Level 4?** Earn your bonus points! Do healthy things every day and earn big rewards. Look for the symbol above for a sample of what you can do to earn points.

## Who's eligible:

All employees plus spouses/domestic partners enrolled in a CSAA IG medical plan are eligible and encouraged to participate in the well-being program and earn rewards.

**Not a member yet?** Don't miss out on all the fun! Get the mobile app or go to [join.virginpulse.com/CSAAIG](https://join.virginpulse.com/CSAAIG)

