

REWARDS

The more you do, the more you earn.

Designed Wellness Accountable Health Improvement Plan (AHIP) Rewards Guide

Pick your favorite healthy activities and watch your rewards add up. You have until December 31, 2021, to earn up to \$400 in Pulse Cash.

Complete these **PRIORITY** activities by **August 31, 2021**, to meet your AHIP compliance requirement and earn **\$200** in rewards. You'll earn Pulse Cash to redeem for gift cards, Virgin Pulse store merchandise or a charitable donation directly from your Designed Wellness account.

Complete the Health Assessment	\$50
Complete a Health Screening	\$50
Achieve three out of five target healthy metrics from your screening OR complete a reasonable alternative (Naturally Slim or telephonic coaching program).	\$100
Total Rewards	\$200

After the program requirements are met, choose from any of the healthy activities on the following page to earn points and watch your additional Pulse Cash add up.

	Level 1 >	Level 2 >	Level 3 >	Level 4	Additional rewards max for the year
Points	10,000	30,000	45,000	70,000	
Pulse Cash	\$20	\$30	\$50	\$100	\$200

See the full list of **ways to earn points** on the next page >

Healthy Activities: There are many more ways to earn Pulse Cash! Look for **How to Earn** under the **Rewards** tab for a complete list.

	Do healthy things	Earn points
Getting started	Complete registration	500
	First login to mobile app	500
	Add a profile picture	100
	Add five friends	250
	Connect your first activity device	200
	Set a wellbeing goal	200
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 session	20
	Browse healthy recipes	10
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
	 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
Quarterly	Take validated measurements	250
	Join the company challenge	100
	Set your interests	100
	Choose your eating type	250
	Choose your sleep profile	250
	Complete an entire Journey (3x per quarter)	150
Yearly	Flu shot	250
	Physical exam	250
	Preventive exam	250
	Vision exam	250
	Dental exam (two per year)	250

Achieve healthy screening results

Meet your AHIP compliance requirement by achieving three out of five target healthy metrics:

- Body Mass Index (BMI) < 30
- Blood Pressure < 130/85
- HDL cholesterol > 40 (males) and > 50 (females)
- Glucose < 100 (fasting)
- Triglycerides < 150

Didn't meet the mark? Complete a reasonable alternative (Naturally Slim or telephonic coaching program).

Who's eligible:

All ACEC Life/Health Trust members and their benefits-enrolled spouse or domestic partner are eligible to participate in the Designed Wellness program.

Not a member yet?

Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/DesignedWellness.

