2021 Designed Wellness Basic Plan

We’ll help you make small, everyday changes to your well-being that are focused 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 family members, and experience the lifelong rewards of better health and well-being.

Key program details:
• Available to ACEC Life/Health Trust members and their benefits-enrolled spouse or domestic partner
• Earn tickets each quarter for entries into a prize drawing for your chance to win up to $250 in Pulse Cash
• Personalized tools and support to meet your well-being goals

Not a member yet? Don’t miss out on all the fun! Get started today by going to join.virginpulse.com/DesignedWellness
How to get started

Step 1  Sign up for your Designed Wellness account by going to join.virginpulse.com/DesignedWellness. 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 fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

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.
Rewards

It’s easy to earn rewards by making healthy decisions. The more you make, the more you’ll earn. Here’s how to complete key program requirements, progress through the levels and max out your rewards.

Start with this PRIORITY activity first to qualify for quarterly rewards drawings.

| Complete the Health Assessment | Spend about 15 minutes completing the required health assessment to get a snapshot of your current health. You can do it online, on your mobile device or by phone. Based on your responses, Virgin Pulse will develop personalized program recommendations just for you. | 50 tickets |

Healthy Activities

Once you’ve completed your Health Assessment, continue completing healthy activities to earn additional tickets and increase your chances to win a prize in the quarterly drawing.

<table>
<thead>
<tr>
<th>Do healthy things</th>
<th>Earn tickets</th>
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<tbody>
<tr>
<td>Complete registration</td>
<td>50</td>
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<tr>
<td>First login to mobile app</td>
<td>25</td>
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<tr>
<td>Complete a Journey</td>
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<tr>
<td>20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes</td>
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<tr>
<td>Create a personal challenge</td>
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<tr>
<td>Join a personal challenge</td>
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<td>Join the Company Challenge</td>
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Complete any of the healthy activities to earn tickets for entries into randomized quarterly prize drawings ranging from $50 to $250 in Pulse Cash. You must complete the health assessment and accumulate 25 tickets to be eligible for the quarterly drawings.

Number of quarterly winners and dollar amounts:

- 30 – $250 winners
- 30 – $200 winners
- 40 – $100 winners
- 50 – $50 winners
How to use Pulse Cash:

- Visit the store.
- Donate it.
- Get a gift card.

Get quick, simple tips

Learn easy ways to get more active, eat well, and manage life’s ups and downs—every day!

Pillars and Topics

We’ve made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need—fast.

Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

Journeys® Digital Coaching

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool, Journeys, to make simple changes to your health, one small step at a time.

Have questions? We’re here to help.

Check out support.virginpulse.com
Live chat on member.virginpulse.com
Monday – Friday, 2 am – 9 pm ET

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at support.virginpulse.com.

Already a member? Sign in at member.virginpulse.com.

Give us a call: 888-671-9395
Monday – Friday, 8 am – 9 pm ET

Send us an email: support@virginpulse.com