

# REWARDS

The more you do, the more you earn.

## Designed Wellness Plan Rewards Guide

Pick your favorite healthy activities and watch your rewards add up. You can earn tickets each quarter for entries into a prize drawing of up to \$300 in Pulse Cash, which is redeemable for gift cards, Virgin Pulse store merchandise or a charitable donation directly from your Designed Wellness account.

First, you'll need to complete this priority activity 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.

**\$25 Pulse Cash**

Once you've completed your Health Assessment, choose from any of the healthy activities on the following page to earn additional tickets and increase your chances to win a prize.

## Healthy activities:

	Do healthy things	Earn tickets
Getting started	Register your account (once ever)	\$10 Pulse Cash
	First login to mobile app	25
	Complete a Journey	10
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	15
	Create a personal challenge	5
	Join a personal challenge	5
	Join the Company Challenge	10

Complete any of the healthy activities to earn tickets for entries into randomized quarterly prize drawings ranging from \$50–\$300 in Pulse Cash. You must complete the Health Assessment and accumulate 25 tickets to be eligible for the drawings.

Number of quarterly winners and dollar amounts:

5 winners of \$300 | 15 winners of \$250 | 25 winners of \$100 | 45 winners of \$50

### How to use Pulse Cash:



Visit the store.



Donate it.



Get a gift card.

## 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](https://join.virginpulse.com/DesignedWellness).

