

REWARDS

The more you do, the more you earn.

Designed Wellness Premier Plan Rewards Guide

It's easy to earn rewards by making healthy decisions. Pick your favorite healthy activities and watch your rewards add up. You have until December 31, 2022, to earn up to \$300 in Pulse Cash.

Complete these **PRIORITY** activities first to unlock 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	\$100
Total rewards	\$150

Once you've completed your Health Assessment and Health Screening, 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	25,000	40,000	60,000	
Pulse Cash	\$25	\$35	\$40	\$50	\$150

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 5 friends	250
	Connect your first activity device	200
	Set a well-being 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	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)	500
Yearly	Flu shot	250
	Physical exam	250
	Preventive exam	250
	Vision exam	250
	Dental exam (2 per year)	250

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 sampling of what you can earn.

Not a member yet?

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



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.

