



# IT'S TIME FOR A FRESH START

## 2022 Designed Wellness Platinum 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 up to \$400 in Pulse Cash
- Access 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](https://join.virginpulse.com/DesignedWellness).





## How to get started

- Step 1** Sign up for your Designed Wellness account by going to [join.virginpulse.com/DesignedWellness](https://join.virginpulse.com/DesignedWellness). Already a member? Sign in at [member.virginpulse.com](https://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.

## Complete these PRIORITY activities by November 30, 2022, to meet your compliance requirement and earn \$200 in rewards:

Complete the Health Assessment	\$50
Complete a Health Screening	\$50
Achieve 3 out of 5 target healthy metrics from your screening OR complete a reasonable alternative (Virgin Pulse telephonic coaching program or Wondr Health digital behavior change program)	\$100
<b>Total rewards</b>	<b>\$200</b>



### What you can earn:

Once you've completed your program requirements, continue earning points and watch your additional Pulse Cash add up.

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



### Ways to earn points:

For a complete list of ways to earn, visit **How to Earn** under the **Rewards** tab.

	Do healthy things	Earn points
<b>Daily</b>	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
<b>Monthly</b>	Win the promoted Healthy Habit Challenge	200
	Track sleep 10 days in a month	100
	Create a personal challenge	50
<b>Quarterly</b>	Join the company challenge	100
	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	500
<b>Yearly</b>	Flu shot	250
	Preventive exam	250
	Vision exam	250
	Dental exam (2 per year)	250

# 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.

### Daily Cards

Every day we'll send you 2 new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

### 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.

### Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

### Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

### Have questions? We're here to help.

Check out [support.virginpulse.com](https://support.virginpulse.com)  
Live chat on [member.virginpulse.com](https://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](https://support.virginpulse.com).

Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com).

### 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.

### Whil Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

### Recipes

Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

### Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

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

**Send us an email:** [support@virginpulse.com](mailto:support@virginpulse.com)