



# Rewards

**Earn up to  
\$210  
per year!**

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up—to \$210 in Pulse Cash in 2023–2024. Collect rewards once you've completed all actions and reached designated point levels.

**Complete these priority activities to earn \$50 Pulse Cash for 2023–2024:**

|                                               |                                  |      |
|-----------------------------------------------|----------------------------------|------|
| <b>Complete by<br/>September 30,<br/>2024</b> | Complete a biometric screening   | \$25 |
|                                               | Complete the Health Check survey | \$25 |

**Total rewards in Pulse Cash = \$50**

**Earn up to \$160 more in rewards! You can participate in additional healthy activities throughout the year to earn points and watch your additional Pulse Cash for 2023–2024 add up. Simply finish your priority activities to unlock these rewards.**

|                   | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | Total rewards<br>per quarter |
|-------------------|---------|---------|---------|---------|------------------------------|
| <b>Points</b>     | 1,000   | 5,000   | 12,000  | 20,000  |                              |
| <b>Pulse Cash</b> | \$5     | \$10    | \$10    | \$15    | <b>\$40</b>                  |

**Pulse Cash annual max: \$40 x 4 quarters = \$160**

# Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

|                        | Do healthy things:                                                        | Earn points: |
|------------------------|---------------------------------------------------------------------------|--------------|
| <b>Getting started</b> | Complete registration                                                     | 100          |
|                        | First login to mobile app                                                 | 250          |
|                        | Connect first activity device                                             | 200          |
|                        | Add 5 friends                                                             | 250          |
|                        | Add a profile picture                                                     | 100          |
|                        | Connect calorie tracker                                                   | 100          |
| <b>Daily</b>           | Steps (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 RethinkCare session                                            | 20           |
|                        | Browse healthy recipes                                                    | 10           |
|                        | Complete a step in Journeys*                                              | 20           |
| <b>Monthly</b>         | 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          |
|                        | Take validated measurements                                               | 250          |
| <b>Quarterly</b>       | Join the company challenge                                                | 100          |
|                        | Choose your eating type                                                   | 250          |
|                        | Complete a Journey (up to 3)                                              | 150          |
| <b>Yearly</b>          | Set a wellbeing goal                                                      | 200          |
|                        | Complete the Nicotine-Free Agreement                                      | 100          |
|                        | Invite a colleague to join (up to 5)                                      | 50           |
|                        | Choose your sleep profile                                                 | 250          |
|                        | Screening results: BMI, Blood Pressure, Cholesterol, and more             | 150/each     |

## Who's eligible?

All employees and medically covered spouses are eligible to participate in the wellbeing program and earn rewards.

## Biometric screening results

Earn a healthy result or 5% improvement for biometric screening measurements:

|                   |                  |
|-------------------|------------------|
| Body Mass Index.  | Less than 30     |
| Blood Pressure    | Less than 140/90 |
| Total Cholesterol | Less than 220    |
| Glucose           | Less than 126    |



**Not a member yet?**

**Get the mobile app or visit:**

[join.virginpulse.com/cookchildrens](https://join.virginpulse.com/cookchildrens)

