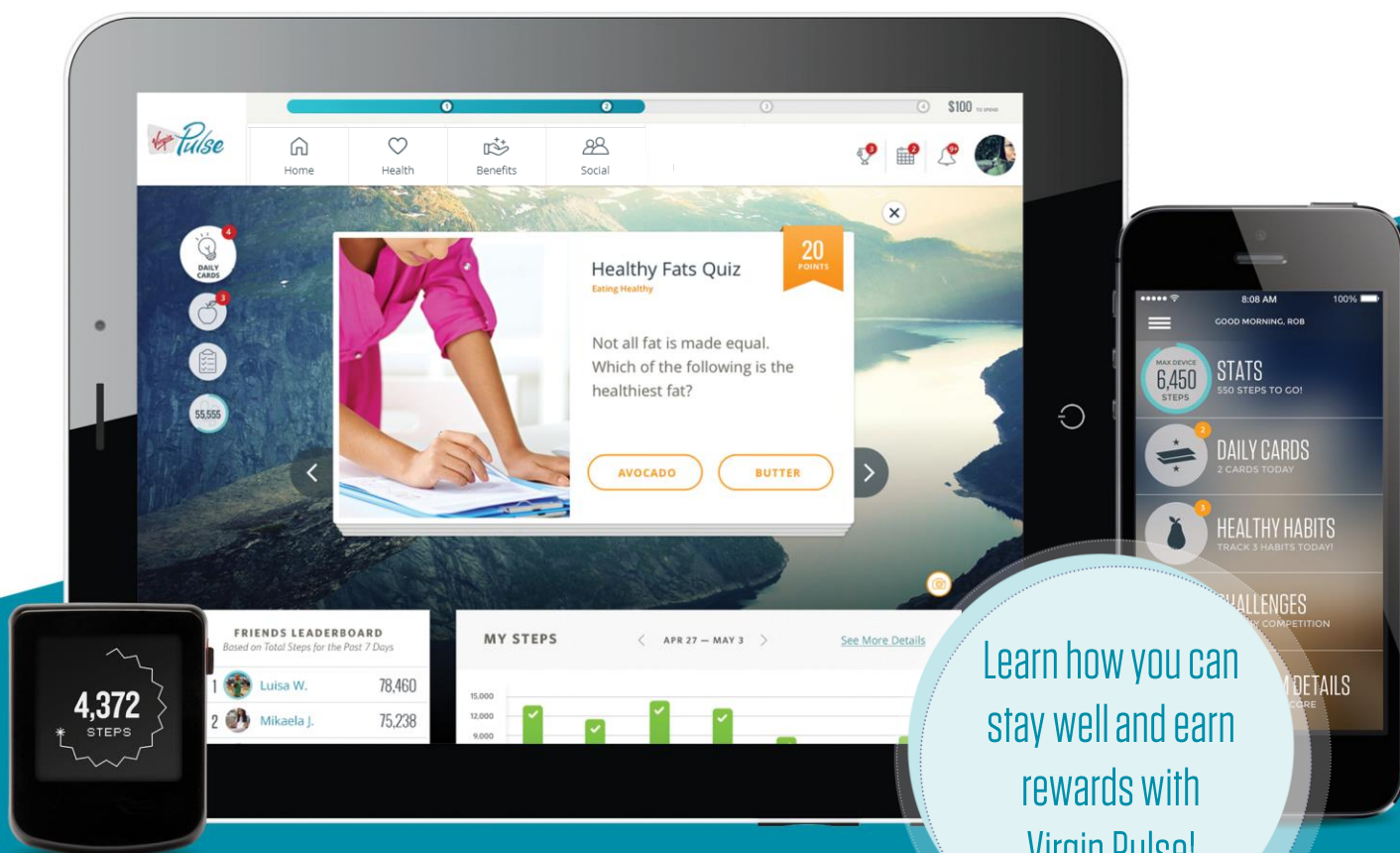




# IT'S YOUR TIME TO THRIVE.

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded.



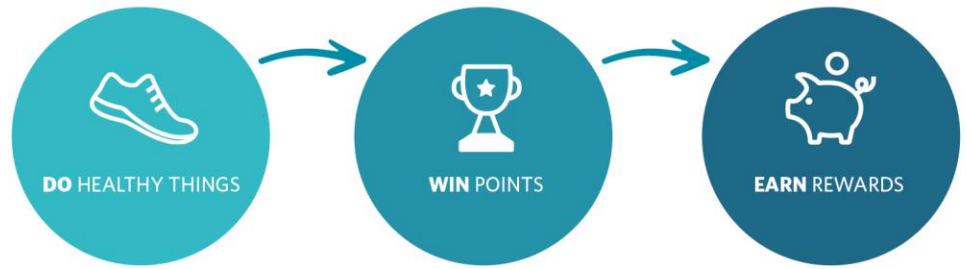
## Here's how to get started:



- 1 Activate your Virgin Pulse account at [join.virginpulse.com/healthpoint-tx](https://join.virginpulse.com/healthpoint-tx) (Already registered? Log in at [member.virginpulse.com](https://member.virginpulse.com))
- 2 Download the Virgin Pulse mobile app for iOS or Android. The first time you log in, you'll earn bonus points.
- 3 Connect an activity tracker to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Apple Watch, etc.)
- 4 Upload a profile picture and add friends.
- 5 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

# Your Rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards!



		Level 1	Level 2	Level 3	Level 4
To achieve your premium discount you must complete your HRA, Physical Exam OR Well Woman's Visit (both submitted via attestation form), & one wellness initiative outlined below. Bonus: the more VP points you earn, the more raffle entries you will receive on a quarterly basis!	POINTS EARNED	500	4,000	8,000	15,000
	REWARDS	1 Entry	1 Entry	1 Entry	1 Entry

## How to Earn Points

<b>Activity</b> Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile App)	DAILY (up to 140 Points/day)	Per 1,000 steps	10 Points
		15 or more active minutes	70 Points
		30 or more active minutes	100 Points
		45 or more active minutes	140 Points
<b>Nutrition</b>	MONTHLY	20-Day Triple Tracker (Moderate Activity)	400 Points
		20-Day Triple Tracker (High Activity)	500 Points
	MONTHLY	Track calories 10 days in a month Track calories 20 days in a month	200 Points 300 Points
<b>Self Tracking</b> Track Healthy Habits and various activities	ONE-TIME	Connect a calorie tracker	100 Points
	DAILY	Track your healthy habits (up to 30 Points/Day)	10 Points
	MONTHLY	Track healthy habits 10 days in a month Track healthy habits 20 days in a month	200 Points 300 Points
<b>Cards</b>	DAILY	Complete card (2/day)	20 Points
	MONTHLY	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 Points 200 Points
<b>Challenges</b>	MONTHLY	Create a personal challenge	50 Points
		Join a personal challenge	100 Points
		Join the Company Challenge	100 Points
		Track steps for all weeks of the challenge	100 Points
<b>Participation</b>	Quarterly	Set Interests	100 Points
	Program	Complete 1 Preventative Care Activity (My Care Checklist) (age/gender appropriate screenings such as mammogram, pap, prostate, etc.) Flu Shot Attestation Form	Wellness Initiative Option Wellness Initiative Option
<b>Journeys</b>	DAILY	Complete a step	20 Points
	QUARTERLY	Complete a Journey	Wellness Initiative Option
<b>More!</b>	ONE-TIME	Complete registration	100 Points
		Add a profile picture	100 Points
		Connect activity device	200 Points
		First 5 friends	250 Points
		First login to mobile app	250 Points
	YEARLY	Complete the Nicotine-Free Agreement Set a wellbeing goal Health Check Survey Physical Exam Attestation Form (OR Well Woman's Visit)	100 Points 200 Points Wellness Requirement Wellness Requirement



**Sign up now at** [join.virginpulse.com/healthpoint-tx](http://join.virginpulse.com/healthpoint-tx)

Already a member? Login at [member.virginpulse.com](http://member.virginpulse.com)

**Questions?** Contact Member Services at 888-671-9395

