

What you are earning: Virgin Pulse Levels: Quarterly Points and Pulse Cash Rewards				
Level	L1	L2	L3	L4
Points	2,000 points	6,000 points	12,000 points	24,000 points
Rewards - Medical Plan Member \$100 per Qtr	\$10	\$15	\$20	\$55
Rewards -Non- Medical Plan Member\$30 per Qtr	\$5	\$5	\$5	\$15
Set up your Virgin Pulse Account				
Connect Activity Tracker	150 points	Add Five Friends		250 points
Download the App	250 points	Add a friend outside SLVH (You can add up to 10 friends outside the company)		100 points
Set your Interest	100 points (every Quarter)			
Score points on the regular: Track Your Steps, Cards and Habits Daily				
Points	Activity	Daily Max Points	Consistency Bonus	Bonus Points
Track Steps	10 points per 1000 steps	1400 points	7000 Steps x 20 days	400 points
			10000 Steps x 20 days	500 points
Daily Cards	20 points X 2	40 points	Read Cards 10 days	100 points
			Read Cards 20 days	200 points
Habit Tracking	10 points x 3	30 points	Track Habits 10 days	200 points
			Track Habits 20 days	300 points
Active Minutes: Earn Active Minutes using your tracking device when you take more than 135 steps per minute. It equals to about 4 to 4.5 miles an hour or like a jogging pace.	15 Minutes			70 Points
	30 Minutes			100 Points
	45 Minutes			140 Points
We recognize that it may be difficult for some members to fully participate and earn points in the program due to medical conditions or disabilities. To ensure all members have equal opportunity to earn points and benefit from the program, we provide members with a reasonable alternative to earn the minimum standard of points. Contact your wellness coordinator for more information, the required forms, & instructions, ajwebb@slvmc.org				
Wellness Action Rewards				
Action	Points Value	Reward Frequency		
Complete a Biometric Screening	2,000 points	1 per year		
Complete your "My Pulse" Health Risk Assessment	2,000 points	1 per year		
Annual Wellness Exam or Well-Woman Exam	4,000 points	1 per year		
Preventative and other Exams: (Mammogram, Colonoscopy, Dental Exam/Visit, Annual Vision Exam, Behavioral Health Visit.)	2,000 points	2 per Quarter		
Fitness/Outdoor Recreation: (Climb a 14er, Complete an Obstacle Race Event, 5K, Park RX America Program, etc.)	1,000 points	2 per Quarter		
Dial in your sleep and nutrition using Guides				
Sleep Guide:	Self Entered Sleep	10 points	Track Sleep 10 days	100 points
	Validated Sleep	20 points	Track Sleep 20 days	200 points
	Sleep>7hours	50 points	Sleep >7hours 20 days	300 points
	Set Your Sleep Profile		250 points	
Nutrition Guide: (Zipongo) Zipongo empowers people to make better decisions about what to eat—at home, at work, and on the go. Our digital nutrition platform includes tools that make it easier to select, purchase, and prepare healthy foods	Choose Your Nutrition Profile		250 points	
	Browse Zipongo Recipes		10 points	
	Favorite a Recipe		10 points	
	Add Recipe to list		10 points	
MyFitnessPal is an app that tracks diet and exercise to determine optimal caloric intake for the users' goals. Users can either scan the barcodes of food items or add them in the database of over five million different foods.	MyFitnessPal Multiplier Rewards			
	Connect My Fitness Pal [1 time]	100 points	Track Calories via MFP 10 days	200 points
	Track Calories with MFP [daily]	10 points	Track Calories via MFP 20 days	300 points
Virgin Pulse Journeys				
Journeys	Points			
Getting Active	Get Strong at Home, Fit to Walk with Diabetes	Complete a Journey step	15 points	
Eating Healthy	Smart Snacking	Complete a Journey stage	50 points	
Managing Finances	Stash Some Cash	Complete a whole Journey	250 Points	
Reducing Stress	10 Minutes a day to Less Stress	Complete a Whil session	20 points	
WHIL - Stress Reduction and Resiliency Programs	Mindfulness 101	Complete 10 Whil sessions in a month	100 points	
	Emotional Intelligence 101	Complete 20 Whil sessions in a month	100 points	
	Yoga - 101	Complete a Whil program	200 points	
Visit Virgin Pulse "How to Earn" to explore the wide variety of programs and resources available.				