

Virgin Pulse Rewards

Earn up to \$250 for participating!



Do
Healthy Things



Earn
Points



Celebrate
Success

We heard you! It is now easier to earn rewards by making healthy decisions. More points for daily activities, 10- and 20-day bonuses and annual preventative screenings and services. We have also reduced the quarterly goal from 20,000 points to 18,000 points.

New to the Virgin Pulse program? How to get started:

- Step 1** **Sign up** for your Virgin Pulse account by going to join.virginpulse.com/MEABT. Already a member? Sign in at member.virginpulse.com.
- Step 2** **Sign up** with your name as it appears on your Anthem card.
- Step 3** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime.
Please note: An activity tracking device is not required to participate.



Eligibility: Everyone enrolled (active & retired) in a MEABT health plan, including enrolled spouses, domestic partners, and dependents aged 18-26, are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

Questions? Contact Virgin Pulse Customer Service: 1-855-689-6884.

MEA
Benefits Trust

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What you can earn each quarter:

	Level 1	>	Level 2	>	Level 3	>	Level 4	>	Total
Points	2,000		5,000		12,000		18,000		18,000
Rewards	\$5 Pulse Cash		\$10 Pulse Cash		\$20 Pulse Cash		\$27.50 Pulse Cash		\$62.50 Pulse Cash

Up to
\$250 after
4 quarters

Participants can earn \$62.50 a quarter and up to \$250 after completing 4 quarters. Points refresh each quarter, but your earned Pulse Cash is yours to keep and accumulate.

A Quick Guide to Success

Activity	Quarterly Points Earned
Do one Daily Card = 20 Points	
Complete 2 Daily Cards, 5 days a week	2,560
Bonus: Complete 10 Daily Cards in a month	600
Bonus: Complete 20 Daily Cards in a month	1,200
Track One Healthy Habit = 10 Points	
Track Healthy Habits, 3x a day for 5 days a week	1,920
Bonus: Track Healthy Habits 10 days in a month	900
Bonus: Track Healthy Habits 20 days in a month	1200
Take 7,000 Steps in a day = 80 Points	
Take 7,000 Steps a day for 5 days a week	5,120
20-Day Triple Tracker: 7,000 steps/15 active min/15 workout min	1,500
20-Day Triple Tracker: 10,000 steps/30 active min/30 workout	1,800
Complete one Whil session per day = 20 Points	
Complete 5 Whil sessions in a week	1,280
Complete a Whil Program	600
Bonus: Complete 10 Whil Sessions in a month	300
Bonus: Complete 20 Whil Sessions in a month	600
Track Sleep Manually per night = 20 Points	
Track Sleep Manually 5 days a week	1,280
Bonus: Track Sleep 10 days in a month	300
Bonus: Track Sleep 20 days in a month	600
Track Calories Daily = 20 Points	
Daily calorie tracking for 5 days a week	1,280
Track calories 10 days in a month	600
Track calories 20 days in a month	900
Quarterly Activities for Success	
Set your Interests	250
Choose your Eating Type	250
Choose your Sleep Profile	250
Quarterly Total:	25,290

Activity	Points Earned
Preventive Care / 1 x Program Year	
Annual Physical	1,000
Mammogram	500
Pap Test	500
Prostate Exam	500
Colonoscopy	500
Annual Total:	3,000

To earn rewards for preventive care exams, complete and submit the online Preventive Care Attestation Form.

1. Go to the **Benefits** tab in your Virgin Pulse account.
2. Click on the **Preventive Care Attestation Form** card.
3. Select the preventive exams you've completed.
4. Complete the form and click **Submit**.

This guide does not include all methods and strategies to earning points. The Quarterly Points Earned above assumes, on average, you are active 5 days a week for a total of 64 days per quarter. If you need assistance with setting yourself up for success, please contact Virgin Pulse Member Services at 1-855-689-6884.

How to use Pulse Cash:



Get a
gift card

Or



Visit the
Virgin Pulse Store

Or



Donate it
to charity