

REWARDS

What's in it for you:

- A personalized wellbeing experience to help you get and stay healthy!
- All benefits eligible employees and their spouses (if applicable), can earn the premium discount in 2021 by completing steps 1 and 2.
- Complete the required Tobacco Free section by 10/15/21
- Complete two of the four options in the Know Your Numbers section by 10/15/21
- Open to individuals hired before 7/15/20 and enrolled in the medical plan.

Earn

352 days left to earn rewards

Earn rewards by completing actions.

Earn rewards with your partner 🧑‍🤝‍🧑

Some rewards are shared with your partner/spouse. You both need to complete actions to earn these rewards.

Premium Discount Requirements

HOW TO EARN:

0/2

Complete 2 Sections

If you are enrolled in one of our two medical plans you must complete the following.

AND

0/2

Your Partner Must Also Complete 2 Sections
(Your partner's actions remain private)

If you have a spouse enrolled in the medical plan they must too complete the following.

0/0

Premium Discount 🧑‍🤝‍🧑
(This shared reward will appear on your statement)

If you and your applicable spouse complete the requirements you will avoid the \$600 for the year premium surcharge!

0/1

Section: Tobacco-Free
Complete 1 Action

Everyone must complete the Tobacco-Free section whether you are a smoker or not a smoker. This must be completed every year. You will only complete **one** of the actions.

ACTIONS:

0/1

Complete the Nicotine-Free Agreement
Complete by 10/15/2021

You will complete the Nicotine-free agreement if you are a non-nicotine user, non-tobacco user or a non-smoker.

0/1

Complete a Tobacco User Journey
Complete by 10/15/2021

If you use any tobacco or nicotine products or identify as a smoker you must complete the Tobacco User Journey. This takes a minimum of 15 days to complete.

0/2

Section: Know Your Numbers
Complete 2 Actions

Everyone must complete the Know Your Numbers Section, you will **complete 2 of the 5** actions available.

ACTIONS:

0/1

Complete the Health Check survey
Complete by 10/15/2021

As the COVID-19 pandemic continues we have the Health Check Survey again this year as your virtual option.

0/1

Complete a Biometric Screening
Complete by 10/15/2021

You will print your biometric screening form to bring to your doctors for your annual physical, how to print your form is below. This year forms can be emailed instead of faxed. Email your forms to forms@virginpulse.com

0/1

Complete an Annual Physical
Complete by 10/15/2021

This section you mark the date you attended your annual physical.

0/1

Complete a Dental Exam OR get a flu shot
Complete by 10/15/2021

You can get either a dental exam or a flu shot and mark the date you received either. You will not receive credit if you complete both of these, you must complete one other section to qualify for completing two of the actions for the know your numbers section.

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