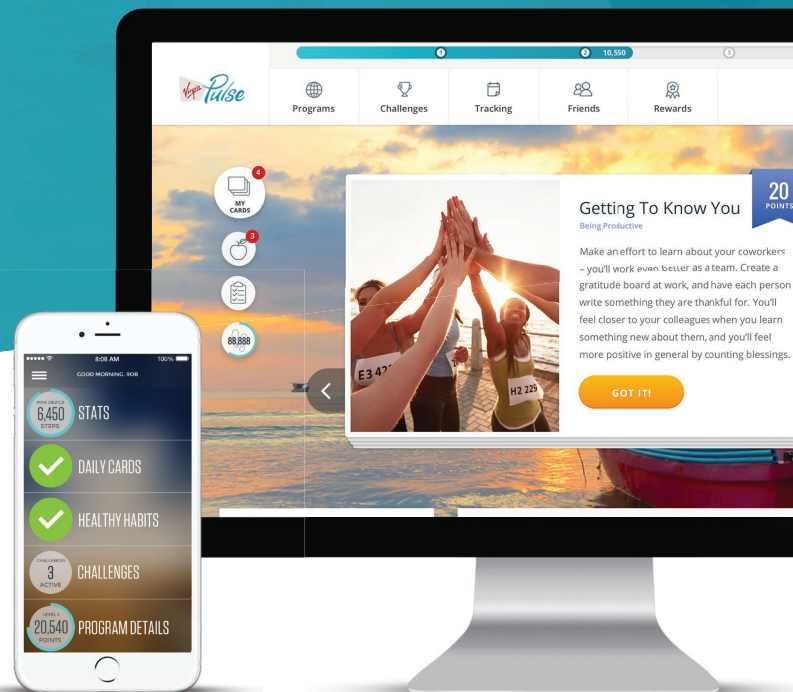


Build a better you

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and live better every day.



Here's how to get started:

- 1 Activate your Virgin Pulse account.
- 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, Misfit, etc.)
- 4 Upload a profile picture and add some friends.
- 5 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!

Sign up now

Already a member?

join.virginpulse.com/OSU

member.virginpulse.com



How to Earn

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how to progress through the levels each quarter!



Do
Healthy Things



Earn
Points



Celebrate
Achievements

Ways to earn points

			Points
Daily	Upload steps from your activity tracker (Max, Fitbit, Virgin Pulse Mobile App) per 1,000 steps	up to 140 points/day	10
	Do your daily cards	up to 2/day	20
	Track your Healthy Habits	up to 3/day	15
Monthly	Health Coaching - Complete 1 Coach Call or in person		1,000
	Create a personal challenge		50
	Complete 10 WHIL (mindfulness) sessions		100
Quarterly	Care Coordination - Complete 1 quarterly Nurse Call (OSU Health Plan Only)		2,500
	Group Health Coaching - Complete a quarterly series via web or in-person.	max 4,000 points/year	1,000
	Set your interests		50
Annually	Self entered measurements		50
	Ideal BMI, Blood Pressure, Total Cholesterol, HDL, and A1C		500 points each
	Complete Nicotine Free Agreement		100
One-time	Set a wellbeing goal		50
	Complete registration		100
	Connect activity device		100
	First log in to the mobile app		250

For more ways to earn, visit **How to Earn** under the Rewards tab on the site — or **Program Details** on the mobile app.

Quarterly Earning potential

	Points	Medical Plan Rewards	Non-Medical Plan Rewards	Spouses Rewards
Level 1	2,500	\$15 HRA	\$5 PulseCash	\$15 HRA
Level 2	5,000	\$20 HRA	\$5 PulseCash	\$20 HRA
Level 3	10,000	\$20 HRA/\$5 PulseCash	\$5 PulseCash	\$20 HRA/\$5 PulseCash
Level 4	25,000	\$20 HRA/\$20 PulseCash	\$10 PulseCash	\$20 HRA/\$20 PulseCash

Additional Earning Potential (up to \$360/year) - Medical Plan Enrolled Faculty/Staff and Spouses

Complete the Personal Health and Well-being Assessment (PHA) and a verified Biometric Screening to earn a monthly premium credit.

Have Questions?

Web support.virginpulse.com

Email osusupport@virginpulse.com | Monday-Friday 8:00am-9:00pm EST

Call us (833) 556-6287 | Monday-Friday 8:00am-9:00pm EST



Build healthy nutritional and sleep habits for life!



Earn points for making healthy eating choices

		Points
Daily	Browse healthy recipes via Zipongo	10
	Calorie tracking via MyFitnessPal	20
Weekly	Favorite a recipe in Zipongo	10
	Add a recipe to a grocery list in Zipongo	10
Monthly	Track calories 10 days in a month	50
	Track calories 20 days in a month	100
Quarterly	Choose your eating type	250
One-Time	Connect calorie tracker via MyFitnessPal	100

Earn points for getting enough sleep

		Points
Daily	Track sleep manually	10
	Track validated sleep nightly	10
	Sleep >7 hours in a night (validated)	70
Monthly	Track sleep 10 days in a month	50
	Track sleep 20 days in a month	100
	Sleep >7 hours 20 days in a month	200