



## 2024 Program and Rewards

# Build a better you

We'll help you make small, everyday changes for your well-being and focus on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers, and experience the lifelong rewards of better health and well-being.

### What's in it for you:

- Personalized tools and support to meet your well-being goals
- Compatibility with a variety of fitness devices for automated tracking
- A variety of opportunities to earn points and rewards

### Who's eligible:

Benefit-eligible faculty/staff and their enrolled spouses are eligible to participate in Your Plan for Health to earn rewards.



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# How to get started

- Step 1**      **Sign up for your Virgin Pulse account** by going to [go.osu.edu/yp4hquickstart](https://go.osu.edu/yp4hquickstart). Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com).
- Step 2**      **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3**      **Connect a device or app** to get credit for your well-being activities like steps, nutrition, and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit, and MyFitnessPal, just to name a few.
- Step 4**      **Upload a profile picture** and add some friends.
- Step 5**      **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!
- Step 6**      **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

**Get the app:**



# Rewards

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

## What you can earn quarterly:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Points	2,500	5,000	10,000	25,000
Enrolled Faculty, Staff & Spouses	\$10 HRA	\$20 HRA	\$30 HRA	\$40 HRA
Non-Enrolled Faculty & Staff	\$5 PulseCash	\$5 PulseCash	\$5 PulseCash	\$10 PulseCash

### 2024 Bonus Incentives

Enrolled Faculty, Staff & Spouses  
**\$100 HRA**

Non-Enrolled Faculty & Staff  
**\$20 PulseCash**

### How to earn the bonus incentive:

Complete 2 of the following 3 activities:

- My Care Checklist (3 preventive activities)
- 1 RethinkCare session per week for 16 weeks
- 9 VP Transform consecutive weeks of active engagement\*

## Additional earning potential (up to \$480/Year) – Enrolled faculty, staff & spouses

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



\*Engage in the first 9 weeks of VP Transform. Must complete at least 2 of the following activities each week: lesson with quiz, connect with coach, group chat, food log, or weigh in. For more information, visit [yp4h.osu.edu/transform](https://yp4h.osu.edu/transform).

## Ways to earn:

For a complete list of ways to earn, visit **Rewards** under the **Home** tab.

	Do healthy things:	Earn points:
<b>Getting started</b>	First login to mobile app	<b>750</b>
	Connect first activity device	<b>2,000</b>
<b>Daily</b>	Upload 1,000 steps from an applicable activity tracker (up to 140 points/day)	<b>10</b>
	Track Healthy Habits (up to 3/day)	<b>15</b>
	Do your Daily Cards (up to 2/day)	<b>20</b>
	Sleep >7 hours in a night (validated)	<b>70</b>
<b>Monthly</b>	Promoted Healthy Habit Challenge - Complete requirements	<b>250</b>
	Complete a RethinkCare session on 20 separate days in a month	<b>500</b>
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	<b>2,000</b>
<b>Quarterly</b>	Complete any Journey (up to 3/quarter)	<b>500</b>
	Health Coaching - Review or set a SMART goal with a health coach (up to 4/quarter)	<b>500</b>

## Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

### Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

### Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

### Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

### Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

### VP Transform

Learn about being more active, healthy eating, and emotional resilience. You'll get tools including a Fitbit® tracker, a scale, and the Transform app, plus regular check-ins with a health coach for goal-setting and encouragement. Take a one-minute quiz at [transform.virginpulse.com/redirect/3376](https://transform.virginpulse.com/redirect/3376) to see if you qualify.

### Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

### RethinkCare

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.



### Not a member yet?

Get the mobile app or visit:  
[go.osu.edu/yp4hquickstart](https://go.osu.edu/yp4hquickstart)

### Have questions? We're here to help.

- Give us a call: **(833) 556-6287**  
Monday-Friday, 8 am-9 pm ET
- Send us an email: [osusupport@virginpulse.com](mailto:osusupport@virginpulse.com)

Not sure if you can fully participate in this program because of a disability or medical condition? Visit [support.virginpulse.com](https://support.virginpulse.com) and search Medical Exceptions.