2023 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
• A variety of opportunities to earn points and rewards
• Compatibility with a variety of fitness devices for automated tracking

Who’s eligible:
Benefit-eligible faculty/staff and their enrolled spouses are eligible to participate in Your Plan for Health to earn rewards.
How to get started

**Step 1** Sign up for your Virgin Pulse account by going to [go.osu.edu/yp4hquickstart](go.osu.edu/yp4hquickstart). Already a member? Sign in at [member.virginpulse.com](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:

<table>
<thead>
<tr>
<th>Rewards</th>
<th>Points</th>
<th>Enrolled Faculty, Staff &amp; Spouse</th>
<th>Non-Enrolled Faculty &amp; Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEVEL 1</td>
<td>2,500</td>
<td>$10 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>LEVEL 2</td>
<td>5,000</td>
<td>$20 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>LEVEL 3</td>
<td>10,000</td>
<td>$30 HRA</td>
<td>$5 PulseCash</td>
</tr>
<tr>
<td>LEVEL 4</td>
<td>25,000</td>
<td>$40 HRA</td>
<td>$10 PulseCash</td>
</tr>
</tbody>
</table>

How to earn the bonus incentive:

Complete 2 of the following 4 activities:

- My Care Checklist (3 preventive activities)
- 1 myStrength session per week for 16 weeks
- 1 RethinkCare session per week for 16 weeks
- 2 VP Transform activities per week for 16 weeks*

2023 Bonus Incentives

Enrolled Faculty, Staff & Spouse
$100 HRA

Non-Enrolled Faculty & Staff
$20 in PulseCash

Additional Earning Potential (up to $480/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.

*Weekly requirement includes 1 coaching session and 1 other activity (weight, food log, quiz/lesson, group chat).
Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.

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.

myStrength
Work on cultivating resilience and learn how to keep your emotional health strong through tools and resources customized for you.

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!

Ways to earn:

<table>
<thead>
<tr>
<th>Do healthy things:</th>
<th>Earn points:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Getting started</strong></td>
<td></td>
</tr>
<tr>
<td>First login to mobile app</td>
<td>500</td>
</tr>
<tr>
<td>Connect first activity device</td>
<td>2,000</td>
</tr>
<tr>
<td>Upload 1,000 steps from an applicable activity tracker (up to 140 points/day)</td>
<td>10</td>
</tr>
<tr>
<td>Track Healthy Habits (up to 3/day)</td>
<td>15</td>
</tr>
<tr>
<td>Do your Daily Cards (up to 2/day)</td>
<td>20</td>
</tr>
<tr>
<td>Sleep &gt; 7 hours in a night (validated)</td>
<td>70</td>
</tr>
<tr>
<td><strong>Daily</strong></td>
<td></td>
</tr>
<tr>
<td>Complete 20 myStrength sessions in a month</td>
<td>200</td>
</tr>
<tr>
<td>Complete 20 RethinkCare sessions in a month</td>
<td>200</td>
</tr>
<tr>
<td>20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes</td>
<td>2,000</td>
</tr>
<tr>
<td><strong>Monthly</strong></td>
<td></td>
</tr>
<tr>
<td>Complete any Journey (up to 3/quarter)</td>
<td>250</td>
</tr>
<tr>
<td>Health Coaching – Review or set a SMART goal with a health coach (up to 4/quarter)</td>
<td>500</td>
</tr>
</tbody>
</table>

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

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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

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