

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 join.virginpulse.com/OSU
Already a member? 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 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	Complete a Journey Step	20
	Create a personal challenge	50
Quarterly	Complete 10 WHIL (mindfulness) sessions	250
	Health Coaching - Complete 1 Coach Call or in person	6x per quarter 500
	Care Coordination - Complete 1 quarterly Nurse Call (OSU Health Plan Only)	3,000
	Set your interests	50
	Complete all steps in a Journey	Up to 3/quarter 150
Annually	Self entered measurements	50
	Ideal BMI, Blood Pressure, Total Cholesterol, HDL, and A1C	500 points each
	Complete Nicotine Free Agreement	200
	Set a wellbeing goal	50
	Complete a Group Healthy Coaching Series - up to 4 series/year	Max 6,000 points/year 1,500

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

Earning potential

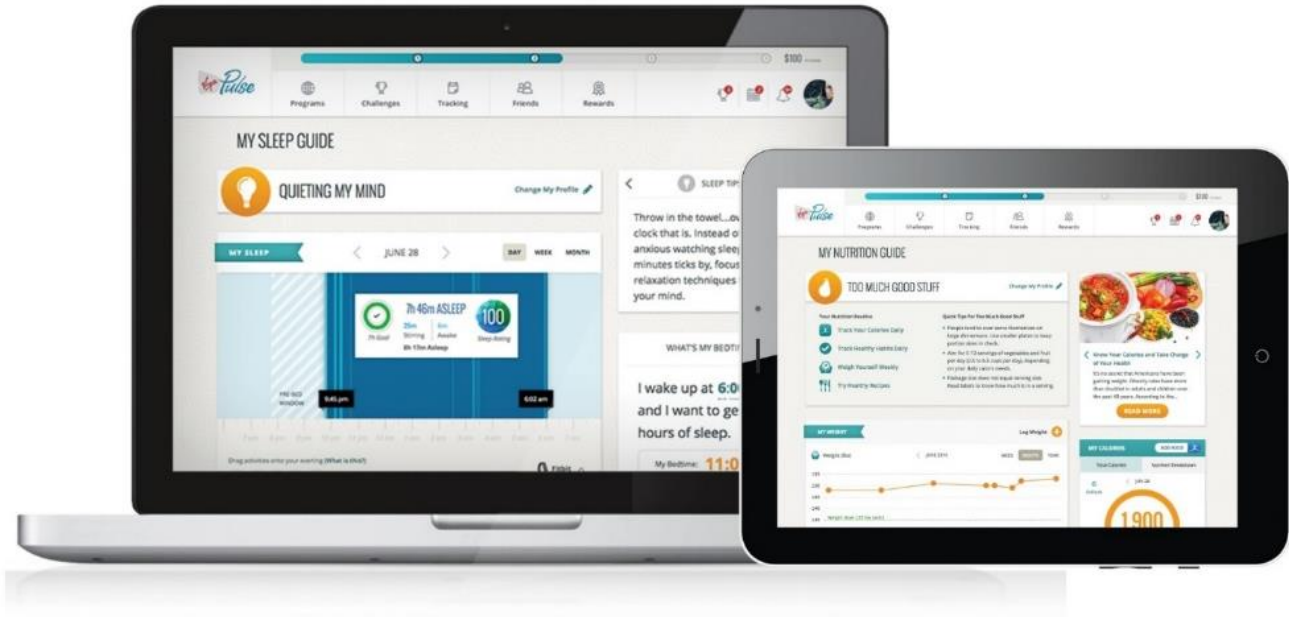
	Medical Plan Rewards	Non-Medical Plan Rewards	Spouses Rewards	Points
Level 1	\$15 HRA	\$5 PulseCash	\$15 HRA	2,500
Level 2	\$20 HRA	\$5 PulseCash	\$20 HRA	5,000
Level 3	\$20 HRA/ \$5 Pulse Cash	\$5 PulseCash	\$20 HRA/\$5 PulseCash	10,000
Level 4	\$20 HRA/\$20 PulseCash	\$10 PulseCash	\$20 HRA/\$20 PulseCash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

Additional Earning Potential (up to \$480/Year) - Medical Plan Enrolled Faculty/Staff and Spouses

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



Build healthy nutritional and sleep habits for life!



Earn points for making healthy eating choices

		Points
Daily	Browse healthy recipes via Zipongo	5
	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	25
	Track validated sleep nightly	10
	Sleep >7 hours in a night (validated)	70
Monthly	Track sleep 10 days in a month	100
	Track sleep 20 days in a month	200
	Sleep >7 hours 20 days in a month	500