IT'S YOUR TIME TO THRIVE.

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded.

What You’ll Do

- Register for your Virgin Pulse account.
- Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you’ll earn bonus points!
- Track your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!
- Check in by taking health measurements like weight and blood pressure.
- Take part in challenges with friends, discover healthy tips, and more.
- Get rewards for the healthy things you do!

Learn how you can earn up to $350 annually!
Your rewards

It’s easy to earn points by making healthy decisions. The more you make, the more you earn. Here’s how your points translate into rewards!

<table>
<thead>
<tr>
<th>POINTS EARNED</th>
<th>MEDICAL PLAN</th>
<th>NON MEDICAL PLAN</th>
<th>SPOUSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>6,000</td>
<td>$50 HRA</td>
<td>$10 PulseCash</td>
</tr>
<tr>
<td>Level 2</td>
<td>20,000</td>
<td>$75 HRA/$10 PulseCash</td>
<td>$10 PulseCash</td>
</tr>
<tr>
<td>Level 3</td>
<td>45,000</td>
<td>$125 HRA/$30 PulseCash</td>
<td>$30 PulseCash</td>
</tr>
<tr>
<td>Level 4</td>
<td>75,000</td>
<td>$60 PulseCash</td>
<td>$50 PulseCash</td>
</tr>
</tbody>
</table>

### How to Earn Points

#### Activity

**Upload steps from your activity tracker**

- **DAILY**
  - Per 1,000 steps
  - 45 or more active minutes
  - 10 Points
  - 140 Points

- **MONTHLY**
  - Take 7,000 steps 20 days in a month
  - Take 10,000 steps 20 days in a month
  - 500 Points
  - 1,000 Points

#### Measurements

**Self-entered measurements**

- **ANNUAL**
  - Enter your measurements
  - Ideal BMI, Blood Pressure, Total Cholesterol, HDL and a1c
  - 50 Points
  - 1,000 points/each

#### Learning

**Track Healthy Habits and complete cards**

- **DAILY**
  - Track 3 Healthy Habits
  - Complete card (2/day)
  - 45 Points
  - 20 Points

- **MONTHLY**
  - Complete 10 cards in a month
  - Complete 20 cards in a month
  - Track healthy habits for 10 days in a month
  - 50 Points
  - 100 Points
  - 200 Points

- **MONTHLY**
  - Create a personal challenge
  - Join a personal challenge
  - Achieve the promoted Healthy Habit for 5 of 7 days
  - 50 Points
  - 50 Points
  - 100 Points

- **QUARTERLY**
  - Join the Campus Challenge
  - 5,000 Points

#### Challenges

- **MONTHLY**
  - Personal Health Coach Call
  - Complete SMART Goal (up to 12)
  - 1,000 Points
  - 500 Points/each

- **QUARTERLY**
  - SelfHelpWorks online coaching program completion
  - Train for and complete a race (up to 2 per quarter)
  - Member at a gym and attend 3 times per week
  - Weight Watchers (3 months)
  - 4,000 Points
  - 500 Points
  - 500 Points
  - 3,000 Points

- **ONE-TIME**
  - Registration
  - Connect activity device
  - Add a profile picture
  - First 5 friends
  - First log in to mobile app
  - Tobacco Free Agreement
  - Set a wellbeing goal
  - Set interests
  - Enroll in Health Coaching
  - Living Well Program
  - Complete Wellness Vision
  - 200 Points
  - 200 Points
  - 100 Points
  - 100 Points
  - 100 Points
  - 300 Points
  - 100 Points
  - 100 Points
  - 2,000 Points
  - 3,000 Points
  - 500 Points

### More!

Go to the “How to earn” page under the “Rewards” tab for more ways to earn.

**Sign up now at** join.virginpulse.com/OSU

Already a member? Log in at member.virginpulse.com

**Questions?** Contact Member Services at 888-671-9395
Build healthy nutritional and sleep habits for life!

Earn points for making good nutritional choices!

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Daily</th>
<th>Weekly</th>
<th>Monthly</th>
<th>Quarterly</th>
<th>One-time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Browse healthy recipes via Zipongo</td>
<td>Daily calorie tracking via MyFitnessPal</td>
<td>5 Points</td>
<td>10 Points</td>
<td>20 Points</td>
</tr>
<tr>
<td></td>
<td>Daily calorie tracking via MyFitnessPal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Favorite a recipe</td>
<td>Add a recipe to grocery list</td>
<td>10 Points</td>
<td>10 Points</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Track calories 10 days in a month</td>
<td>Track calories 20 days in a month</td>
<td>200 Points</td>
<td>300 Points</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chose your eating type</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Connect calorie tracker via MyFitnessPal</td>
<td></td>
<td></td>
<td></td>
<td>100 Points</td>
</tr>
</tbody>
</table>

Earn points for getting enough sleep!

<table>
<thead>
<tr>
<th>Sleep</th>
<th>Daily</th>
<th>Monthly</th>
<th>Quarterly</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Track sleep manually</td>
<td>Track sleep 10 days in a month</td>
<td>10 Points</td>
</tr>
<tr>
<td></td>
<td>Track sleep nightly</td>
<td>Track sleep 20 days in a month</td>
<td>200 Points</td>
</tr>
<tr>
<td></td>
<td>Sleep &gt;7 hours in a night</td>
<td>Sleep &gt;7 hours 20 days in a month</td>
<td>300 Points</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Choose your sleep profile</td>
<td></td>
<td>250 Points</td>
</tr>
</tbody>
</table>

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