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>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Plan</td>
<td>6,000 &lt;br&gt; $50 HRA</td>
<td>20,000 &lt;br&gt;$75 HRA/$10 PulseCash</td>
<td>45,000 &lt;br&gt;$125 HRA/$30 PulseCash</td>
<td>75,000 &lt;br&gt;$60 PulseCash</td>
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<tr>
<td>Non-Medical Plan</td>
<td>$10 PulseCash</td>
<td>$10 PulseCash</td>
<td>$30 PulseCash</td>
<td>$50 PulseCash</td>
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<tr>
<td>Spouses</td>
<td>$50 HRA</td>
<td>$75 HRA/$10 PulseCash</td>
<td>$125 HRA/$30 PulseCash</td>
<td>$60 PulseCash</td>
</tr>
</tbody>
</table>

### How to Earn Points

**Activity**

- **DAILY** (up to 140 Points/day)
  - 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

**Measurements**

- **ANNUAL**
  - Self-entered measurements
  - Ideal BMI, Blood Pressure, Total Cholesterol, HDL and A1C
  - 50 Points
  - 1,000 points/each

**Learning**

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

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

- **MONTHLY**
  - Create a personal challenge
  - Join a personal challenge
  - 50 Points

**Challenges**

- **MONTHLY**
  - Health Coaching - Complete 1 Coach Call or in person
  - Health Coaching - Monthly SMART Goal achieved
  - Complete 20 WHILL (mindfulness) sessions
  - 1,000 Points
  - 500 Points
  - 800 Points

- **QUARTERLY**
  - Care Coordination - Complete 1 quarterly Nurse Call (OSU Health Plan Only)
  - Group Health Coaching - Complete a quarterly series. Via web or in-person (max 4,000 pts/yr)
  - Race BONUS: Verify completion of races you trained for
  - Gym Workout BONUS: Verify attendance of 3 times/week for three months (36 visits)
  - Enroll & Attend Weight Watchers for 3 months (Meetings Program Only)
  - 2,000 Points
  - 1,000 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
  - Complete NicotineFree Agreement
  - Set a wellbeing goal
  - Set your interests
  - Living Well Program
  - Health Coaching - Complete Wellness Vision w/ Health Coach
  - 200 Points
  - 200 Points
  - 100 Points
  - 250 Points
  - 100 Points
  - 300 Points
  - 100 Points
  - 100 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

osusupport@virginpulse.com or 833-556-6287
Build healthy nutritional and sleep habits for life!

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**Earn points for making good nutritional choices!**

<table>
<thead>
<tr>
<th></th>
<th>DAILY</th>
<th>WEEKLY</th>
<th>MONTHLY</th>
<th>QUARTERLY</th>
<th>ONE-TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition</strong></td>
<td>Browse healthy recipes via Zipongo</td>
<td>Favorite a recipe</td>
<td>Track calories 10 days in a month</td>
<td>Choose your eating type</td>
<td>Connect calorie tracker via MyFitnessPal</td>
</tr>
<tr>
<td></td>
<td>Daily calorie tracking via MyFitnessPal</td>
<td>Add a recipe to grocery list</td>
<td>Track calories 20 days in a month</td>
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<tr>
<td>Points</td>
<td>5</td>
<td>10</td>
<td>200</td>
<td>250</td>
<td>100</td>
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<tr>
<td></td>
<td>20</td>
<td>10</td>
<td>Points</td>
<td>Points</td>
<td>Points</td>
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</tbody>
</table>

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**Earn points for getting enough sleep!**

<table>
<thead>
<tr>
<th></th>
<th>DAILY</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Sleep</strong></td>
<td>Track sleep manually</td>
<td>Track sleep nightly (validated)</td>
<td>Sleep &gt;7 hours in a night (validated)</td>
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<tr>
<td>Points</td>
<td>10</td>
<td>20</td>
<td>50</td>
<td></td>
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<td></td>
<td>20 Points</td>
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</tbody>
</table>

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MONTHLY

<table>
<thead>
<tr>
<th></th>
<th>Track sleep 10 days in a month (validated)</th>
<th>Track sleep 20 days in a month (validated)</th>
<th>Sleep &gt;7 hours 20 days in a month (validated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points</td>
<td>100 Points</td>
<td>200 Points</td>
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