

## PHYSICAL ACTIVITIES

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Daily	Take 1,000 steps in a day	10	All Activity Points require a validated device/app to be set up with Virgin Pulse to receive. You will be rewarded for only one type of Activity - Steps, Active Minutes or Workouts. Manual input of Steps or Active Minutes are not rewarded with Activity Points.
Daily	Take 2,000 steps in a day	20	
Daily	Take 3,000 steps in a day	30	
Daily	Take 4,000 steps in a day	40	
Daily	Take 5,000 steps in a day	50	
Daily	Take 6,000 steps in a day	60	
Daily	Take 7,000 steps in a day	70	
Daily	Take 8,000 steps in a day	80	
Daily	Take 9,000 steps in a day	90	
Daily	Take 10,000 steps in a day	100	
Daily	Take 11,000 steps in a day	110	If tracking multiple activities in a day, you will only be awarded for the highest(value) of the activities. If equal in point value, the order of award is: Active minutes, Workouts and Steps.
Daily	Take 12,000 steps in a day	120	
Daily	Take 13,000 steps in a day	130	
Daily	Take 14,000 steps in a day	140	
Daily	Workout for 15 minutes in a day	70	
Daily	Workout for 30 minutes in a day	100	
Daily	Workout for 45 minutes in a day	140	
Daily	15 active minutes in a day	70	
Daily	30 active minutes in a day	100	
Daily	45 active minutes in a day	140	
Monthly	Take 7,000 steps 20 days in a month	400	<b>Example:</b> If you have 30 active minutes in a day and 10,000 steps, you will be awarded 100 points for Active Minutes.  <i>* Multiple daily workouts do not accumulate.</i>
Monthly	Take 10,000 steps 20 days in a month	500	
Onetime	Connect initial activity device	200	

# How to Earn Guide



## DAILY CARDS

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Daily	Do your Daily Cards	20	Up to 2 cards per day.
Monthly	Complete 10 Daily Cards in a month	100	These do not have to be completed consecutively.
Monthly	Complete 20 Daily Cards in a month	200	These do not have to be completed consecutively.

## CHALLENGES

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Monthly	Create a personal challenge	50	This can be a Steps Challenge or Healthy Habit Challenge created through Challenges section on Virgin Pulse.
Monthly	Join a personal challenge	100	Joining a friend's challenge that you have been invited to.
Monthly	Win the promoted healthy habit challenge through Virgin Pulse	200	Must track "Yes" at least 5 days of the Healthy Habit Challenges.
Quarterly	Join the company challenge	100	This activity is only part of a Company-wide Challenge(s) occurring 3-4 times per year.
Quarterly	Create a team in the company challenge and recruit enough players to fill it	50	This activity is only part of a Company-wide Challenge(s) occurring 3-4 times per year. Team size may vary for each challenge - check the Challenge Rules for team size.
Quarterly	Post a comment at least once a week for every week of the challenge	30	This activity is only part of a Company-wide Challenge(s) occurring 3-4 times per year.
Quarterly	Track steps at least once a week for every week of the challenge	100	This activity is only part of a Company-wide Challenge(s) occurring 3-4 times per year.

# How to Earn Guide



## JOURNEYS

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Daily	Complete a Journey step	15	Only awarded for completing one step per day.
Quarterly	Complete a whole Journey	250	Each Journey is only awarded one time per quarter. You can't repeat a Journey and get rewarded more than once per quarter.

## GENERAL ACTIVITIES

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Quarterly	Set your interests	100	Visit your Profile on the mobile app or website to set/change interests.
Onetime ONLY	Invite a colleague to join (up to 5 invites)	50 per referral	Invite up to 5 co-workers that are eligible for the program but haven't yet enrolled. Member is awarded upon sending the invite.
Program Year	Complete Nicotine-Free Agreement	100	To access the Nicotine-Free Agreement, visit the How to Earn section on the Virgin Pulse website or the Profile section on the Virgin Pulse mobile app.  <b>Complete one time per program year to earn points.</b>
Program Year	Set a well-being goal	200	To access the Well-Being goal, visit the How to Earn section on the Virgin Pulse website. <i>(This can only be completed on the Virgin Pulse website.)</i>  <b>Complete one time per program year to earn points.</b>

## MEASUREMENTS

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Monthly	Self-entered measurements	50	Receive credit for one (1) self-measurement (weight or blood pressure) logged per month. These measurements can be recorded on Tracking-->Stats page.

## MENTAL WELL-BEING

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Daily	Complete a Whil session	20	Only awarded for completing one session per day.
Weekly	Complete a Whil program	50	Only awarded for completing one program per week. <i>(May need to complete more than one session a day.)</i>
Monthly	Complete 10 Whil sessions in a month	100	These do not have to be completed consecutively.
Monthly	Complete 20 Whil sessions in a month	200	These do not have to be completed consecutively.

## HEALTHY HABITS

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Daily	Track your Healthy Habits	10	Up to 3 per day for points.
Monthly	Track your Healthy Habits 10 days in a month	200	These do not have to be completed consecutively.
Monthly	Track your Healthy Habits 20 days in a month	300	These do not have to be completed consecutively.
Onetime ONLY	First time tracking healthy habits for 5 days in a month	100	These do not have to be completed consecutively.

## NUTRITION

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Daily	Browse healthy recipes	10	Visit the Virgin Pulse Nutrition Guide found in the Programs or Tracking section of the mobile app/website. Then browse recipes through <a href="#">Zipongo</a> for points to track accordingly.
Daily	Calorie tracking	20	Member must link their MyFitnessPal account/app to receive points.
Weekly	Favorite recipe	10	Activity must occur within the Sunday through Saturday week to receive weekly points.
Weekly	Add a recipe to the Grocer List	10	Activity must occur within the Sunday through Saturday week to receive weekly points.
Monthly	Track calories 10 days in a month	200	To receive these points, member must be syncing calorie tracking from MyFitnessPal account.
Monthly	Track calories 20 days in a month	300	To receive these points, member must be syncing calorie tracking from MyFitnessPal account.
Quarterly	Choose your eating type	250	To make edits, please visit the Programs section and go to <a href="#">Virgin Pulse Nutrition Guide</a> .
Onetime ONLY	Connect a calorie tracker	100	Create and/or connect your MyFitnessPal account with Virgin Pulse to receive these points one time.

**Special Note:** All nutrition activity points are available through the [Virgin Pulse Nutrition Guide](#) found on the Programs page. Recipes through [Zipongo](#) must be accessed through Virgin Pulse mobile app/website for points to track accordingly.

# How to Earn Guide



## SLEEP

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Daily	Track sleep nightly	20	Members can track sleep daily through a compatible device or the <a href="#">Azumio</a> mobile app.
Daily	Sleep > 7 hours in a night	50	Member must track sleep through a compatible device to receive points. <i>(If member does not sleep more than 7 hours in a night, they receive the 20 points for tracking sleep only.)</i>
Daily	Track sleep manually	10	Track sleep through Healthy Habits section found under Tracking. Points will be given separately from your three selected daily healthy habits.
Monthly	Track sleep 10 days in a month	100	Member must track sleep with a compatible device. Devices that track sleep can be found <a href="#">here</a> .
Monthly	Track sleep 20 days in a month	200	Member must track sleep with a compatible device. Devices that track sleep can be found <a href="#">here</a> .
Monthly	Sleep > 7 hours, 20 nights in a month	500	Member must track sleep with a compatible device. Devices that track sleep can be found <a href="#">here</a> .
Quarterly	Choose your sleep profile	250	To make edits in the mobile app, please visit the Programs section and go to Virgin Pulse Sleep Guide.

## SURVEY

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Program Year	Complete the Health Check	1,000	This can be found under "Health" in Virgin Pulse.

## CUSTOM & PARTICIPATION ACTIVITIES

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Program Year	Wellness Exam with PCP	2000 (1x/year)	Annual exam with PCP. Forms submitted after 5 p.m. EST will be processed and awarded on the following day. Submit verified form; accepting exams from 10/01/2020 - 9/30/2021.
Program Year	Preventive Screening	500 (1x/year)	Mammogram, prostate cancer screening, sleep study, skin cancer screening, cervical cancer screening, bone density, colorectal cancer screening or pregnancy glucose test. Forms submitted after 5 p.m. EST will be processed and awarded on the following day. Submit verified form; accepting exams from 10/01/2020 - 9/30/2021.
Program Year	Dental Exam	250 (2x/year)	No screening form required. Self report. Accepting exams from 11/01/2020 - 10/31/2021.
Program Year	Vision Exam	250 (1x/year)	No screening form required. Self report. Accepting exams from 11/01/2020 - 10/31/2021.
Program Year	Chronic Disease Management Program	500 (2x/year)	Tobacco Cessation, heart disease program, diabetes education program, stress management/resiliency program. <ul style="list-style-type: none"> <li><i>multi-week, certificate of complete submission</i></li> </ul>
Program Year	Well-Being Classes	100 (20x/year)	Classes offered by: ECHO Wellness, MyWell-Being Program, Resources for Living, Diversity & Inclusion, VP on-demand and BBHH. <ul style="list-style-type: none"> <li><i>self-attestation form</i></li> </ul>
Program Year	Volunteer Service	250 (2x/year)	Participate in community service with a non-profit or charity of choice. <ul style="list-style-type: none"> <li><i>self-attestation form</i></li> </ul>

## CUSTOM & PARTICIPATION ACTIVITIES

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Program Year	Complete a Community Walk or Event	250 (1x/year)	Member self-reports activity with proof of completion. (i.e., registration, bib, etc.)
Program Year	Health Coaching	500 (1x/year)	Complete 4 sessions and 2 health goals with an ECHO Wellness Health Coach to earn a well-being credit. • <b>Voucher Code</b>
Program Year	Nutrition Consultation	250 (1x/year)	Complete a nutrition consultation with a Banner Registered Dietitian (RD) from ECHO Wellness to improve your health and nutrition habits and to earn a well-being credit. • <b>Voucher Code</b>
Program Year	Professional Development and Education Course	500 (3x/year)	Member self-reports activity with proof of completion.
Program Year	MyMoney Check Up	250 (1x/year)	Take the financial wellness checkup, get your scores and see next steps to help you improve.
Program Year	1-on-1 Retirement Planning Session	250 (1x/year)	No screening form required. Self-report.
Program Year	My Wealth Fidelity Classes	100 (10x/year)	Complete financial wellness courses with Fidelity • <b>self-attestation form</b>
Program Year	Fidelity Mobil App Download	150 (1x/year)	NetBenefits App • <b>self-attestation form &amp; screenshot</b>
Program Year	Participate in the Banner Health Retirement Plan	250 (1x/year)	Contribute an average of 4% in 2021. Banner will report Retirement Plan participation in October, 2021. Member does not need to report.



## CUSTOM & PARTICIPATION ACTIVITIES

FREQUENCY	ACTIVITY TYPE	POINTS	NOTES
Program Year	Blood or Plasma Donation	500 (1x/year)	Donate to your local blood or plasma bank of choice. <ul style="list-style-type: none"><li>• 1/01/2021 - 10/31/2021 <i>attestation form</i></li></ul>
Program Year	MVP App Download	150 (1x/year)	Download and sign into the MVP app and give kudos to your fellow team members today!