

WAYS TO EARN, 2021-2022

After completing the Health Check for your first \$50 reward, earn up to another \$250 in *Be in the Know* rewards with an array of “Ways to Earn” wellness activities, for a maximum of \$300, plus VIP recognition! From a biometric screening to Bonus Actions – choose from over 90 activities to earn points towards reward levels! Focus on well-being areas that mean the most to you, earning points for daily activities, as well as longer achievement.

BIOMETRIC SCREENING + PREVENTATIVE HEALTH ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Biometric Screening	1/year	5,000 points	4 options: Submit proof, LabCorp voucher program, home test kit, or on-campus screening.
Receive a Flu Vaccine	1/year	200 points	Submit Attestation Form
Receive a Bi-Annual Dental Cleaning/Exam	2/year	200 points each	Submit Attestation Form
Receive an Annual Eye Exam	1/year	200 points	Submit Attestation Form
Receive an Annual Dermatology Skin Exam	1/year	200 points	Submit Attestation Form
Receive a Dexascan/Bone Density Screening	1/year	200 points	Submit Attestation Form
Receive a Women's or Men's Health Exam	1/year	200 points	Submit Attestation Form
Receive an Annual Physical	1/year	400 point	Submit Attestation Form
Receive a Women's Mammogram	1/year	600 points	Submit Attestation Form
Receive a Colorectal Cancer Screening/Colonoscopy	1/year	1000 points	Submit Attestation Form
Receive a COVID-19 Vaccine (400 points; 600 points if submitted by 7/31/21)	1/year	400-600 points	Submit Attestation Form
PENN WELLNESS ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Penn HR Wellness Event	12/year	100 points each	HR sends attendance credit
Complete a Penn HR Express Wellness Event	12/year	50 points each	HR sends attendance credit
Complete a Penn HR Financial Wellness Event	12/year	100 points each	HR sends attendance credit
Complete a Penn HR 4-Session Mindfulness Course	1/year	1200 points	HR sends attendance credit
Complete a Penn HR 5-Session Work-Happiness Method Series	1/year	1500 points	HR sends attendance credit
Complete a Penn HR 6-Session Resilience and Well-Being Series	1/year	1800 points	HR sends attendance credit
Participate in a Penn Comprehensive Smoking Treatment Program	1/year	1500 points	Submit Attestation Form
Receive 3 Nutrition Counseling Sessions with Corporate Wellness Nutrition	1/year	750 points	CWN sends credit after 3 rd session
Receive 3 Nutrition Counseling Sessions with Other Qualifying Providers	1/year	500 points	Submit Attestation Form
Biometric Screening Family Participant Bonus	1/year	250 points	Submit Attestation Form
Participate in a Registered Community Physical Activity Event	2/year	300 points each	Submit Attestation Form
Bike to Work (complete 40 days, up to 3 x per year)	3/year	750 points each	Submit Attestation Form
VIRGIN PULSE: GENERAL ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Set your interests	1/quarter	100 points each	Virgin Pulse issues credit
Complete nicotine-free agreement	1/year	100 points	Virgin Pulse issues credit
Set a well-being goal	1/year	200 points	Virgin Pulse issues credit
Invite a colleague to join	5/year	50 points each	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: Complete registration	Once ever	100 points	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: Add a profile picture	Once ever	100 points	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: First login to mobile app	Once ever	250 points	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: Add 5 friends	Once ever	250 points	Virgin Pulse issues credit
VIRGIN PULSE: WHIL EMOTIONAL WELL-BEING COURSES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Whil session	3/day	10 points each	Virgin Pulse issues credit
Complete a Whil program (“course”)	1/day	250 points each	Virgin Pulse issues credit
Complete 20 Whil sessions in a month	1/month	200 points each	Virgin Pulse issues credit
VIRGIN PULSE: HEALTH COACHING	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Health Coaching session	6/year	250 points each	Virgin Pulse issues credit

VIRGIN PULSE: PHYSICAL ACTIVITY	LIMIT	POINT VALUE	HOW TO EARN CREDIT	
Take 1,000 steps in a day (validated device only)	1/day	5 points each	Virgin Pulse issues credit: Maximum daily earning potential for steps or active/workout minutes is 120 points. System automatically uses highest value (steps, active minutes, OR workout minutes) completed in a day. *Steps, active, and workout minutes must be validated from a device (Fitbit, Garmin, Apple watch, etc.)	
Take 2,000 steps in a day (validated device only)		10 points each		
Take 3,000 steps in a day (validated device only)		15 points each		
Take 4,000 steps in a day (validated device only)		20 points each		
Take 5,000 steps in a day (validated device only)		30 points each		
Take 6,000 steps in a day (validated device only)		40 points each		
Take 7,000 steps in a day (validated device only)		50 points each		
Take 8,000 steps in a day (validated device only)		60 points each		
Take 9,000 steps in a day (validated device only)		70 points each		
Take 10,000 steps in a day (validated device only)		80 points each		
Take 11,000 steps in a day (validated device only)		90 points each		
Take 12,000 steps in a day (validated device only)		100 points each		
Take 13,000 steps in a day (validated device only)		110 points each		
Take 14,000 steps in a day (validated device only)		120 points each		
Workout for 15 minutes in a day (validated device only)	1/day	30 points each	Virgin Pulse issues credit: No device needed, enter activity manually via healthy habit tracker.	
Workout for 30 minutes in a day (validated device only)		60 points each		
Workout for 45 minutes in a day (validated device only)		120 points each		
Reach 15 Active Minutes in a day (validated device only)	1/day	30 points each		
Reach 30 Active Minutes in a day (validated device only)		60 points each		
Reach 45 Active Minutes in a day (validated device only)		120 points each		
Manual Workout Reward for 30-59 minutes	1/day	25 points each		
Manual Workout Reward for 60-89 minutes		50 points each		
Manual Workout Reward for >= 90 minutes		75 points each		
Connect first activity device	Once ever	200 points		Virgin Pulse issues credit
VIRGIN PULSE: ALL CHALLENGES (Personal, Penn, PHHCs, 30x30)	LIMIT	POINT VALUE		HOW TO EARN CREDIT
PERSONAL CHALLENGES: Create the challenge	1/quarter	100 points each		Virgin Pulse issues credit
PERSONAL CHALLENGES: Join the challenge	1/quarter	100 points each		
PENN CHALLENGES: Join the challenge	1/quarter	100 points each		Virgin Pulse issues credit
PENN CHALLENGES: Track at least once/week, for all weeks of the challenge	1/quarter	200 points each		
PENN CHALLENGES: Create, Recruit, and Fill your team	1/quarter	200 points each	Virgin Pulse issues credit	
PENN CHALLENGES: Unlock a destination	1/destination/ challenge	25 points each	Virgin Pulse issues credit	
PENN CHALLENGES: Reach final destination	1/quarter	1000 points each		
PENN CHALLENGES: Reach final challenge stage	1/quarter	1000 points each	Virgin Pulse issues credit	
PENN CHALLENGES: Reach 10% of your challenge goal	1/quarter	100 points each	Virgin Pulse issues credit (Points awarded when participants reach each percentage level of their goal = cumulative reward of 1000 points possible.)	
PENN CHALLENGES: Reach 25% of your challenge goal	1/quarter	100 points each		
PENN CHALLENGES: Reach 50% of your challenge goal	1/quarter	150 points each		
PENN CHALLENGES: Reach 75% of your challenge goal	1/quarter	150 points each		
PENN CHALLENGES: Reach 100% of your challenge goal	1/quarter	250 points each		
PENN CHALLENGES: Reach 110% of your challenge goal	1/quarter	250 points each		
Monthly Promoted Healthy Habit Challenges (PHHCs): Win the challenge	1/month	250 points each	Virgin Pulse issues credit	
Penn Sustainability 30x30 Outdoor Challenge (April 2022): Complete the challenge	1/year	750 points	Virgin Pulse issues credit	

VIRGIN PULSE: JOURNEYS	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Journey step	1/day	10 points each	Virgin Pulse issues credit
Complete a whole Journey	3/quarter	150 points each	Virgin Pulse issues credit
VIRGIN PULSE: NUTRITION ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Daily calorie tracking	1/day	10 points each	Via MyFitnessPal
Track calories 20 days in a month	1/month	300 points each	Via MyFitnessPal
Browse healthy recipes	1/week	10 points each	Virgin Pulse/Nutrition Guide
Add a recipe to grocery list	1/month	10 points each	Virgin Pulse/Nutrition Guide
Choose your eating type	1/quarter	100 points each	Virgin Pulse/Nutrition Guide
Connect calorie tracker	Once ever	100 points	Via MyFitnessPal
VIRGIN PULSE: SLEEP ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Track sleep nightly (validated device only)	1/day	10 points each	Virgin Pulse issues credit
Sleep >7 hours in a night (validated device only)	1/day	10 points each	Virgin Pulse issues credit
Track sleep 20 days in a month (validated device only)	1/month	200 points each	Virgin Pulse issues credit
Track sleep manually	1/day	5 points each	Virgin Pulse issues credit
Choose your sleep profile	1/quarter	100 points each	Virgin Pulse/Sleep Guide
VIRGIN PULSE: TRACKING HEALTHY HABITS	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Track Your Healthy Habits	1/day	10 points each	Virgin Pulse issues credit
Track Healthy Habits 20 days in a month	1/month	300 points each	Virgin Pulse issues credit
1 st time tracking Healthy Habits 5 days in a month	Once ever	100 points	Virgin Pulse issues credit
VIRGIN PULSE: DAILY CARDS	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Do your daily cards	2/day	10 points each	Virgin Pulse issues credit
Complete 20 daily cards in a month	1/month	200 points each	Virgin Pulse issues credit