

# Wellbeing Incentives

The Living Life Better platform is expanding to offer more ways to earn points. Choose what is right for you, and progress through the levels to earn.



**Build  
Healthy Habits**



**Earn  
Points**



**Celebrate  
Achievements**

**You have the opportunity to earn four times a year!**

Take a look to see when each quarter runs.

Quarter 1: January 1, 2022–March 31, 2022

Quarter 2: April 1, 2022–June 30, 2022

Quarter 3: July 1, 2022–September 30, 2022

Quarter 4: October 1, 2022–November 30, 2022

Note: Quarter 4 is a shorter time period.

Per Quarter Earnings	Level 1 500 Points	Level 2 4,000 Points	Level 3 8,000 Points	Level 4 15,000+ Points
<b>Rewards for Consumer-Choice Plan Participants</b>	Fuel your wellbeing!	Get energized!	Quarterly reward of \$100 HSA* contribution per eligible employee and enrolled spouse or dependent (family maximum of \$800/year).	Reach your full potential!
<b>Consumer-Choice Plan Participants: Benefit-enrolled employees, spouses, and adult dependents (18+) are eligible to participate and earn incentives.</b> Incentives are paid only to Health Savings Accounts opened at Fidelity. Contributions are made by the end of the month following the close of the quarter. For example, Quarter 1 ends March 31, 2022 and contributions will be made by the end of April 2022.				
<b>Rewards for Other Benefit-Eligible Employees</b>	Fuel your wellbeing!	Get energized!	Quarterly reward of \$100 payroll contribution** per eligible employee and enrolled spouse or dependent (family maximum of \$800/year).	Reach your full potential!
<b>Other Benefit-Eligible Employees: Active employees and their covered spouses and/or adult dependents (18+) are eligible in the U.S. and Puerto Rico.</b> Wellbeing incentives will be included in your paycheck within four weeks of the end of the quarter.				

\* Health Savings Account (HSA) \*\* Payroll Contributions are considered taxable income.

**Not a member yet?** Don't miss out!

Get the Virgin Pulse mobile app or go to [livinglifebetter.com](http://livinglifebetter.com).



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## Build Healthy Habits to Earn Points

	Build Healthy Habits	Earn Points	
Daily	Take 7,000 steps in a day	70	
	Workout for 15 minutes in a day (Tracked by connected device)	70	
	Workout for 30 minutes in a day (Tracked by connected device)	100	
	Workout for 45 minutes in a day (Tracked by connected device)	140	
	Do your daily cards	20 per card	
	Browse healthy recipes	10	
	Daily calorie tracking	20	
	Track Your Healthy Habits	3x per day	10 per healthy habit
	Complete a Journey Step		20
	Complete a Whil Session		20
	Manually tracked workout 30—59 minutes		70
	Manually tracked workout 60—89 minutes		100
	Manually tracked workout 90+ minutes		140
Weekly	Favorite a recipe	10	
	Add a recipe to Grocery List	10	
	Complete a Whil Program	50	
Monthly	Self entered measurements	50	
	Complete a coaching appointment	500	
	Complete a personal challenge	100	
Quarterly	Choose your eating type	250	
	Participate in a Charity Athletic Event	250	
	Complete a whole Journey	150	
Yearly	Invite a colleague to join	5x per program year	50
	Set a wellbeing goal		200
	Complete the Health Assessment		1,500
	Complete the Next-Steps Consult appointment		250
	Preventive Care Screening	4x per program year	250
	Complete your Health Screening		1,000
	One-Time	Connect a device	
Add a profile picture			100
First login to mobile app			250
Add 5 friends			250

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

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