

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
Rewards for Consumer-Choice Plan Participants	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!
Consumer-Choice Plan Participants: Benefit-enrolled employees, spouses, and adult dependents (18+) are eligible to participate and earn incentives. 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.							
Rewards for Other Benefit-Eligible Employees	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!
Other Benefit-Eligible Employees: Active employees and their covered spouses and/or adult dependents (18+) are eligible in the U.S. and Puerto Rico. 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.



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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
	Connect a device	100
One-Time	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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