

# Wellbeing Incentives



**Build  
healthy habits**



**Earn  
points**



**Celebrate  
achievements**

**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.

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

Take a look to see when each quarter runs.

**Quarter 1:** January 1, 2023–March 31, 2023

**Quarter 2:** April 1, 2023–June 30, 2023

**Quarter 3:** July 1, 2023–September 30, 2023

**Quarter 4:** October 1, 2023–November 30, 2023

**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:</b> 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, 2023 and contributions will be made by the end of April 2023.							
<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:</b> 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](https://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
	Work out for 15 minutes in a day (Tracked by connected device)	70
	Work out for 30 minutes in a day (Tracked by connected device)	100
	Work out 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 <b>3x per day</b>	10 per Healthy Habit
	Complete a Journeys® Step	20
	Complete a RethinkCare 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 RethinkCare Program	50
Monthly	Self entered measurements	50
	Complete a coaching appointment	500
	Complete a personal challenge	100
	Attend a financial workshop	100
Quarterly	Choose your eating type	250
	Participate in a Charity Athletic Event	250
	Complete a whole Journey	150
	401(k) and/or HSA actions	100
Yearly	Invite a colleague to join <b>5x per program year</b>	50
	Set a wellbeing goal	200
	Complete the Health Assessment	1,500
	Complete the Next-Steps Consult® appointment	250
	Preventive Care Screening <b>4x per program year</b>	250
	Complete your Health Screening	1,000
	Meet one-on-one with a financial representative	500
	Fidelity Financial Wellness Checkup	500
One time	Connect a device	100
	Add a profile picture	100
	First login to mobile app	250
	Open a Health Savings Account (HSA)* <small>*Applies to Consumer Choice and Non-HSA segments only</small>	500
	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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