

Wellbeing Incentive

The Virgin Pulse platform is expanding to offer BMS employees more ways to earn points. Choose what's 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-March 31, 2024

Quarter 2: April 1-June 30, 2024

Quarter 3: July 1-September 30, 2024

Quarter 4: October 1-November 30, 2024

Note: Quarter 4 is shortened so that incentives can

be paid in the same calendar year.

Quarterly earnings	Level 1	Level 2	Level 3	Level 4
	500 points	4,000 points	8,000 points	15,000+ points
Rewards For Consumer-Choice plan participants	Fuel your wellbeing!	Get energized!	Quarterly reward: \$100 in HSA contributions 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, 2024, and contributions will be made by the end of April 2024.

Rewards For other benefits- eligible employees	Fuel your wellbeing!	Get energized!	Quarterly reward: \$100 in payroll contributions per eligible employee and enrolled spouse or dependent	Reach your full potential!
, ,			(family maximum of \$800/year)**	

Other benefits-eligible employees: Active employees in the U.S. & Puerto Rico, including those not enrolled in the BMS Medical Plan. For employees who are enrolled in family coverage, covered spouses and/or adult dependents (age 18+) may also earn the incentives. Wellbeing incentives will be included in your paycheck within four weeks of the end of the quarter. BMS employees who decline BMS medical coverage are still eligible to earn the wellbeing incentive.

^{*}Health Savings Account (HSA) ** Payroll contributions are considered taxable income.





Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

Parameter Programment Take 7,000 steps in a day 70 Work out for 15 minutes in a day (tracked by connected device) 70 Work out for 15 minutes in a day (tracked by connected device) 100 Work out for 45 minutes in a day (tracked by connected device) 140 De jour Doilly Cards 20 per card Browse healthy recipes 10 Complete a step in Journeys* 20 Complete a step in Journeys* 20 Complete a RethinkCare session 50 Manually track workout 30-59 minutes 70 Manually track workout 30-99 minutes 100 Manually track workout 90+ minutes 100 Manually track workout 90+ minutes 10 Manually track workout 90+ minutes 10 Weekly Favorite a recipe 10 Weekly Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Complete a RethinkCare Program 50 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Quarterly Province a Personal Challenge 100		Build Healthy Habits	Earn Points
Mork 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 Dolly Cards 20 per card Browse healthy recipes 10 Dally calorie tracking 20 Track Your Healthy Habits (3x per day) 10 per Healthy Habits Complete a step in Journeys* 20 Complete a RethinkCare session 50 Manually track workout 30—59 minutes 70 Manually track workout 90+ minutes 140 Manually track workout 90+ minutes 140 Meekly Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Monthly Self-entered measurements 50 Complete a Personal Challenge 100 Complete a Personal Challenge 100 Complete a Personal Challenge 250 Quarterly Participate in a Charity Athletic Event 250 Complete a Journey 150 Feat wellbeing goal 200 Set a wellbeing goal 200 Complete the Next-Steps Consult* appointment		Take 7,000 steps in a day	70
Deally Work out for 45 minutes in a day (tracked by connected device) 140 Deally Do your Daily Cards 20 per card Browse healthy recipes 10 Daily calorie tracking 20 Tack Your Healthy Habits (3x per day) 10 per Healthy Habit Complete a step in Journeys* 20 Complete a RethinkCare session 50 Manually track workout 30-59 minutes 100 Manually track workout 90+ minutes 100 Manually track workout 90+ minutes 10 Weekly Favorite a recipe 10 Monthly Complete a RethinkCare Program 50 Complete a RethinkCare Program 50 Complete a Coaching appointment 500 Complete a Personal Challenge 100 Quarterly Complete a Personal Challenge 100 Complete a Financial Workshop 100 Quarterly Complete a Financial Workshop 150 Complete a Journey 150 Complete a Journey 150 Complete a Voriety Athletic Event 250 Set a wellbeing goal		Work out for 15 minutes in a day (tracked by connected device)	70
Daily 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 step in Journeys* 20 Complete a RethinkCare session 50 Manually track workout 80 – 89 minutes 100 Manually track workout 90+ minutes 140 Meekly Add a recipe to Grocery Ust 10 Complete a RethinkCare Program 50 Self-entered measurements 50 Complete a Coaching appointment 500 Complete a Personal Challenge 100 Complete a Personal Challenge 100 Quarterly Porticipate in a Charity Athletic Event 250 Quarterly Proticipate in a Charity Athletic Event 250 Set a wellbeing goal 200 Complete a Journey 150 Set a wellbeing goal 200 Complete the Health Assessment 1,500 Complete the Next-Steps Consulta appointment 250 Preventive care screening (4x per program year) 250 <td></td> <td>Work out for 30 minutes in a day (tracked by connected device)</td> <td>100</td>		Work out for 30 minutes in a day (tracked by connected device)	100
Daily Daily calorie tracking 20 Track Your Healthy Habits (3x per day) 10 per Healthy Habit Complete a step in Journeys* 20 Complete a RethinkCare session 50 Manually track workout 30−59 minutes 70 Manually track workout 60−89 minutes 100 Manually track workout 90+ minutes 140 Manually track workout 90+ minutes 10 Weekly Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Monuthly Self-entered measurements 50 Complete a Personal Challenge 100 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Quarterly Participate in a Charity Athletic Event 250 Complete a Journey 150 Complete a Journey 150 Year icipate in a Charity Athletic Event 250 Complete a Journey 50 Est a wellbeing goal 200 Ever a well-being goal 200 Complete the Next-Steps Consult* appointment 250		Work out for 45 minutes in a day (tracked by connected device)	140
Daily Daily calorie tracking 20 Track Your Healthy Habits (3x per day) 10 per Healthy Habits Complete a step in Journeys* 20 Complete a RethinkCare session 50 Manually track workout 30—59 minutes 70 Manually track workout 60—89 minutes 100 Manually track workout 90+ minutes 140 Weekly Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Monthly Self-entered measurements 50 Complete a Coaching appointment 500 Complete a Financial Workshop 100 Quarterly Participate in a Charity Athletic Event 250 Complete a Journey 150 Complete a Journey 150 Preventive corlessessment 1,500 Complete the Health Assessment 250 Complete the Health Assessment 250 Preventive core screening (4x per program year) 250 Complete your Health Screening 1,500 Complete a Fidelity Financial Wellness Checkup 500 Complete a Fidelity Financial Wellness Ch		Do your Daily Cards	20 per card
Track Your Healthy Habits (3x per day) 10 per Healthy Habits Complete a step in Journeys* 20 Complete a RethinkCare session 50 Manually track workout 30—59 minutes 70 Manually track workout 60—89 minutes 100 Manually track workout 90+ minutes 140 Meekly Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Complete a RethinkCare Program 50 Complete a Coaching appointment 50 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Quarterly Participate in a Charity Athletic Event 250 Complete a Journey 150 Complete a Journey 150 Invite a colleague to join (5x per program year) 50 Set a wellbeing goal 200 Complete the Health Assessment 1,500 Complete the Health Assessment 250 Complete the Next-Steps Consult* appointment 250 Preventive care screening (4x per program year) 250 Complete a Fidelity Financial Wellness Checkup		Browse healthy recipes	10
Complete a step in Journeys* 20	Daily	Daily calorie tracking	20
Complete a RethinkCare session 50 Manually track workout 30—59 minutes 70 Manually track workout 60—89 minutes 100 Manually track workout 90+ minutes 140 Favorite a recipe 10 Complete a RethinkCare Program 50 Self-entered measurements 50 Complete a Dearsonal Challenge 100 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Complete a Financial Workshop 100 Complete a Financial Workshop 150 Town of the Amaual State of the Amaual Stat	-	Track Your Healthy Habits (3x per day)	10 per Healthy Habit
Manually track workout 30—59 minutes 70 Manually track workout 60—89 minutes 100 Manually track workout 90+ minutes 140 Meekly Favorite a recipe 10 Monthly Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Self-entered measurements 50 Complete a Coaching appointment 500 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Complete a Financial Workshop 100 Complete a Journey 250 Participate in a Charity Athletic Event 250 Complete a Journey 150 Set a wellbeing goal 200 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 Meet one-on-one with a financial Wellness Checkup 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a devi		Complete a step in Journeys®	20
Manually track workout 60-89 minutes 100 Manually track workout 90+ minutes 140 Meanually track workout 90+ minutes 140 Manually track workout 90+ minutes 140 Monthly Favorite a recipe 10 Complete a RethinkCare Program 50 Complete a RethinkCare Program 50 Complete a Coaching appointment 500 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Complete a Financial Workshop 100 Porticipate in a Charity Athletic Event 250 Complete a Journey 150 Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 First login to mobil		Complete a RethinkCare session	50
Manually track workout 90+ minutes 140 Weekly Favorite a recipe 10 Monthly Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Self-entered measurements 50 Complete a Coaching appointment 500 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Participate in a Charity Athletic Event 250 Complete a Journey 150 Participate in a Charity Athletic Event 250 Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect		Manually track workout 30–59 minutes	70
Weekly Favorite a recipe 10 Add a recipe to Grocery List 10 Complete a RethinkCare Program 50 Add a recipe to Grocery List 50 Complete a RethinkCare Program 50 Complete a Coaching appointment 500 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Participate in a Charity Athletic Event 250 Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Manually track workout 60–89 minutes	100
Weekly 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 Complete a Financial Workshop 100 Choose your eating type 250 Participate in a Charity Athletic Event 250 Complete a Journey 150 Set a wellbeing goal 200 Complete the Health Assessment 1,500 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Manually track workout 90+ minutes	140
Complete a RethinkCare Program 50 Monthly Self-entered measurements 50 Complete a coaching appointment 500 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Choose your eating type 250 Complete in a Charity Athletic Event 250 Complete a Journey 150 Set a wellbeing goal 200 Complete the Health Assessment 1,500 Complete the Next-Steps Consult® appointment 250 Complete the Next-Steps Consult® appointment 250 Preventive care screening (4x per program year) 250 Complete your Health Screening 1,000 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 Tist login to mobile app	Weekly	Favorite a recipe	10
Complete a RethinkCare Program 50 Monthly Self-entered measurements 50 Complete a coaching appointment 500 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Choose your eating type 250 Complete in a Charity Athletic Event 250 Complete a Journey 150 Set a wellbeing goal 200 Complete the Health Assessment 1,500 Complete the Next-Steps Consult® appointment 250 Complete the Next-Steps Consult® appointment 250 Preventive care screening (4x per program year) 250 Complete your Health Screening 1,000 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 Tist login to mobile app		Add a recipe to Grocery List	10
Complete a coaching appointment 500 Complete a Personal Challenge 100 Complete a Financial Workshop 100 Quarterly Choose your eating type 250 Complete a Journey 250 Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidellity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Complete a RethinkCare Program	50
Wonthly Complete a Personal Challenge 100 Complete a Financial Workshop 100 Quarterly Choose your eating type 250 Participate in a Charity Athletic Event 250 Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Self-entered measurements	50
Complete a Financial Workshop 100		Complete a coaching appointment	500
Choose your eating type 250	Montnly	Complete a Personal Challenge	100
Quarterly Participate in a Charity Athletic Event 250 Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Complete a Financial Workshop	100
Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Choose your eating type	250
Complete a Journey 150 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250	Quarterly	Participate in a Charity Athletic Event	250
Yearly 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Complete a Journey	150
Yearly 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 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Invite a colleague to join (5x per program year)	50
Yearly Complete the Next-Steps Consult® appointment 250 Preventive care screening (4x per program year) 250 Complete your Health Screening 1,000 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250	Yearly	Set a wellbeing goal	200
Vearly Preventive care screening (4x per program year) 250 Complete your Health Screening 1,000 Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Complete the Health Assessment	1,500
Complete your Health Screening 1,000		Complete the Next-Steps Consult® appointment	250
Meet one-on-one with a financial representative 500 Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Preventive care screening (4x per program year)	250
Complete a Fidelity Financial Wellness Checkup 500 Connect a device 100 Add a profile picture 100 First login to mobile app 250		Complete your Health Screening	1,000
Connect a device 100 Add a profile picture 100 First login to mobile app 250		Meet one-on-one with a financial representative	500
One Time Add a profile picture 100 First login to mobile app 250		Complete a Fidelity Financial Wellness Checkup	500
One Time First login to mobile app 250	One Time	Connect a device	100
First login to mobile app 250		Add a profile picture	100
Add 5 friends 250		First login to mobile app	250
		Add 5 friends	250



Not a member yet? Get the mobile app or visit: livinglifebetter.com

