


There's something for everyone.

"I'm focused on physical activity and fueling for energy, but also care about my overall well-being."

"I'm focused on mental health and emotional well-being. I want to decrease my stress and increase energy; I also track sleep."

Which focus area do you align with?

Virgin Pulse can help you earn rewards and work toward achieving personal goals! Pick your well-being focus area and make the most out of your own journey.


 = Bonus points, for healthy things you do every day!

Earn up to \$ _____ in 2023 for prioritizing your well-being

GOAL: Physical Activity

| Quarterly Virgin Pulse Point Opportunities | Points Earned |
|---|---------------|
| General | |
| Set your interests (suggestions: Getting Active, Eating Healthy, Sleeping Well) | 400 |
| Set a Well-Being Goal (annual earning opportunity) | 400 |
| Daily Cards | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
|  Complete 10 Daily Cards in a month | 300 |
|  Complete 20 Daily Cards in a month | 600 |
| Healthy Habits | |
| Track 3 Healthy Habits from Getting Active, 30 days/month | 2,700 |
| First time tracking Healthy Habits 5 days/month (one time earning opportunity) | 100 |
|  Track Healthy Habits, 20 days/month | 900 |
| Win the promoted Healthy Habit challenge each month (200/month) | 600 |
| Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Take 10,000 steps/day, 20 days/month | 1,500 |
| Work out for 15 mins/day, 10 days/month | 2,100 |
| Work out for 30 mins/day, 10 days/month | 3,000 |
| 20-Day Triple Tracker each month: 7,000 steps/15 active minutes/15 workout minutes | 1,200 |
| Challenges | |
| Join a personal challenge each month | 300 |
| Win the Promoted Healthy Habit Challenge each month (200/month) | 600 |
| Quarterly Total | 22,500 |

GOAL: Emotional Well-being

| Quarterly Virgin Pulse Point Opportunities | Points Earned |
|---|---------------|
| General | |
| Set your interests (suggestions: Reducing Stress, Anxiety & Depression, Grief and Loss, Alcohol Use) | 400 |
| Set a Well-Being Goal (annual earning opportunity) | 400 |
| Daily Cards | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
|  Complete 10 Daily Cards in a month | 300 |
|  Complete 20 Daily Cards in a month | 600 |
| Healthy Habits | |
| Track 3 Healthy Habits from Reducing Stress, 30 days/month | 2,700 |
| First time tracking Healthy Habits 5 days/month (one time earning opportunity) | 100 |
|  Track Healthy Habits, 20 days/month | 900 |
| Win the promoted Healthy Habit challenge each month (200/month) | 600 |
| Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Take 10,000 steps/day, 20 days/month | 1,500 |
| Mental Well-Being | |
| Complete a RethinkCare session, 10 days/month | 300 |
| Complete 2 RethinkCare programs each month | 150 |
| Challenges | |
| Join a personal challenge each month | 300 |
| Win the Promoted Healthy Habit Challenge each month (200/month) | 600 |
| Quarterly Total | 16,650 |

"I'm focused on general well-being and living with chronic conditions. I want to prioritize preventive health activities as well as physical activity and nutrition."

"I'm focused on getting better sleep. I want to improve my sleep through stress reduction and physical activity."

"I want to focus on improving my diet so that I have more energy throughout the day to do the things that I love doing."

GOAL: Living with Chronic Conditions

| Quarterly Virgin Pulse Point Opportunities | Points Earned |
|--|---------------|
| General | |
| Set your interests (suggestions: Diabetes, Blood Pressure, Obesity, Cholesterol, Medicine Support) | 400 |
| Set a Well-Being Goal (annual earning opportunity) | 400 |
| Daily Cards | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| ☒ Complete 10 Daily Cards in a month | 300 |
| ☒ Complete 20 Daily Cards in a month | 600 |
| Healthy Habits | |
| Track 3 Healthy Habits from Health Situations, 30 days/month | 2,700 |
| First time tracking Healthy Habits 5 days/month (one time earning opportunity) | 100 |
| ☒ Track Healthy Habits, 20 days/month | 900 |
| Win the promoted Healthy Habit challenge each month (200/month) | 600 |
| Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Take 10,000 steps/day, 20 days/month | 1,500 |
| Mental Well-Being | |
| Complete a RethinkCare session, 10 days/month | 300 |
| Complete 2 RethinkCare programs per month | 150 |
| Join a personal challenge each month | 300 |
| Win the Promoted Healthy Habit Challenge each month (200/month) | 600 |
| Quarterly Total | 16,650 |

GOAL: Improved Sleep

| Quarterly Virgin Pulse Point Opportunities | Points Earned |
|--|---------------|
| General | |
| Set your interests (suggestions: Sleeping Well, Reducing Stress, Getting Active) | 400 |
| Set a Well-Being Goal (annual earning opportunity) | 400 |
| Daily Cards | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| ☒ Complete 10 Daily Cards in a month | 300 |
| ☒ Complete 20 Daily Cards in a month | 600 |
| Healthy Habits | |
| Track 3 Healthy Habits from Sleeping Well, 30 days/month | 2,700 |
| First time tracking Healthy Habits 5 days/month (one time earning opportunity) | 100 |
| ☒ Track Healthy Habits, 20 days/month | 900 |
| Win the promoted Healthy Habit challenge each month (200/month) | 600 |
| Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Take 10,000 steps/day, 20 days/month | 1,500 |
| Mental Well-Being | |
| Complete a RethinkCare session, 10 days/month | 300 |
| Complete 2 RethinkCare programs per month | 150 |
| Join a personal challenge each month | 300 |
| Win the Promoted Healthy Habit Challenge each month (200/month) | 600 |
| Quarterly Total | 16,650 |

GOAL: Improved Diet

| Quarterly Virgin Pulse Point Opportunities | Points Earned |
|--|---------------|
| General | |
| Set your interests (suggestions: Eating Healthy, Getting Active, Sleeping Well) | 400 |
| Set a Well-Being Goal (annual earning opportunity) | 400 |
| Daily Cards | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| ☒ Complete 10 Daily Cards in a month | 300 |
| ☒ Complete 20 Daily Cards in a month | 600 |
| Healthy Habits | |
| Track 3 Healthy Habits from Eating Healthy, 30 days/month | 2,700 |
| First time tracking Healthy Habits 5 days/month (one time earning opportunity) | 100 |
| ☒ Track Healthy Habits, 20 days/month | 900 |
| Win the promoted Healthy Habit challenge each month (200/month) | 600 |
| Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| 20-Day Triple Tracker each month: 7,000 steps/15 active minutes/15 workout minutes | 1,200 |
| Challenges | |
| Join a personal challenge each month | 300 |
| Win the Promoted Healthy Habit Challenge each month | 600 |
| Quarterly Total | 15,900 |



Wespath
BENEFITS | INVESTMENTS

