

Wellness Credits through Virgin Pulse



January 1 – December 31

\$150 Pulse Cash Incentive for Wellness Credits

Action	HealthFlex Wellness Credits Per Action	Frequency Allowed	Maximum Credits
Complete a Virgin Pulse coaching call	25	6 times	150
Access the Employee Assistance Program (EAP) for emotional counseling	15	Once	15
Access the EAP for Work/Life Services	15	Once	15
Submit a Success Story through Virgin Pulse	20	Once	20
Have your Success Story selected	20	Once	20
View a Success Story	5	Once per quarter	20
Complete a Journey Step	5	3 times	15
Complete a Journey	15	3 times	45
Adopt a new spiritual practice for 1 month	15	Once	15
Increase contribution to United Methodist Personal Investment Plan (UMPIP) by 1%	15	Once	15
Complete the EY Financial Confidence Check-up	25	Once	25
Register or log into Benefits Access	25	Once	25
Update, change beneficiary or contact information in Benefits Access	25	Once	25
Meet with an EY Financial Planner for at least 5 minutes	25	Once	25
Register on EY Navigate	25	Once	25
Complete Saving Grace Curriculum	20	Once	20
Meet American Heart Association guidelines on seven 2023 Blueprint for Wellness (BFW) measures or improve on 2022 BFW results. The deadline for the 2023 BFW is August 31. See <i>BFW section in the HealthFlex Well-Being Programs FAQ</i> document for more details.	7 possible rewards for 20 points each	Once	140
Omada Health participation	150	Once	150
Completion of Health Check by August 31	35	Once	35
Total needed to earn \$150 Pulse Cash: 150 Wellness Credits			

*For more details on what “participation” means for Omada Health, see the HealthFlex Well-Being Programs FAQ document.