



# Your Time to Thrive

## JOIN YOUR WELLNESS PROGRAM TODAY!

The **WellStyles** program gives you the tools to get active, get healthy and get rewarded!

Available to benefited employees only

**July 1 – June 30**

# Sign Up Today

Register by visiting WellStyles online: [join.virginpulse.com/WellStyles](http://join.virginpulse.com/WellStyles) then click "Sign Me Up!"

If you've already registered, visit the website and click "Sign In." Once you have registered, try signing in on the Virgin Pulse app! Look for Virgin Pulse in your app store.

## Your Rewards



Do healthy things



Win points!



Earn rewards!

Start completing healthy activities for points...the more points you get, the more you can earn!

All activity must be submitted/entered by June 30<sup>th</sup>.



	Level 1	Level 2	Level 3	Level 4
Points Earned	5,000	15,000	35,000	60,000
Rewards	\$20	\$60	\$60	\$60
Totals	(\$20)	(\$80)	(\$140)	(\$200)

You can view your points by visiting the Rewards page and clicking on **"My Rewards."**

SIGN UP!

Select "Spend" and a list of gift cards will appear. Choose the one you want, enter in the amount, and click next. An e-mail will be sent to the e-mail you used to register, with the e-card information. Make sure to check your junk mail if you don't receive it.

SIGN IN

To see what points you have earned already, go to the Rewards page and click on "Statement" and search by month or year.

**Redeem your gift cards by June 30<sup>th</sup>.**

Sponsor Organization Name is "WellStyles"



# HOW TO EARN POINTS

For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "Statement" for a full list.

## TRACKING ACTIVITIES

Find these activities on the tracking page of your website. For easy tracking, sync your phone or device! You can only go back two weeks (starting the day you register) to earn points for tracking activities.

- **Exercise:** Earn 140 points max/day for exercise minutes, workouts, steps, and/or active minutes (1,000 steps = 10 points or 45 active minutes = 140 points). Get 7,000 steps 20 days in a month earn an extra 400 points or take 10,000 steps 20 days in a month for an extra 500 points!
- **Healthy Habits:** Choose 3 activities (out of the 140+ habits) for up to 30 points/day. If you track 10 days in a month get an extra 200 points or 20 days in a month get an extra 300 points!
- **Whil Sessions:** Earn 20 points/day by completing a mindfulness class or yoga session. One program per week is 50 points, 10 sessions in a month is 100 points, and 20 sessions in a month is 200 points!

## HEALTHY HABIT CARDS

Find your healthy habit cards on the home page of your website!

- **Healthy Habit Cards:** Read 2 healthy habit cards daily for up to 40 points/day. Complete 10 daily cards in a month for 100 extra points or 20 daily cards in a month for 200 extra points!

Additional earning opportunities are available throughout the year!

Have questions on how to submit an activity, sync a device, logging in, or navigating the website? Dial **(888) 671-9395** for access support.

## WELLNESS ACTIVITIES

Find wellness activities by going to the Rewards page, clicking on "How to Earn" and scroll down until you see the activity you want to submit. Once you click on the activity, enter your name, date of activity, and provider/location.

- **Wellness Exam:** 20,000 points
  - **Cancer Screenings: Mammogram or Breast Exam, Colonoscopy, Prostate Exam, and/or Skin Cancer Screening:** 5,000 points each (15,000 points max)
  - **Dental Exam:** 2,500 points each (5,000 points max)
  - **Vision Exam:** 2,500 points
  - **Preventative Vaccine:** 2,500 points
  - **Health Assessment:** 2,500 points
  - **Tobacco Free Agreement:** 250 points
  - **WellStyles Webinars:** 800 points per month
- Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam. For example, a doctor's note or your explanation of benefits found on [myuhc.com](http://myuhc.com).*

## CHALLENGES

Find Challenges on the challenge page of your website!

**Personal Challenge:** Earn 50 points for creating a personal challenge, 100 points for joining one, and 200 points for completing one (tracking 5 out of 7 days).

**Team Challenges:** Earn 100 points for registering for the 2-3 large team challenges offered every year. By registering and tracking once a week during the challenge earn an additional 2,000 points. Earn even more points by commenting in the challenge, unlocking destinations, and reaching the final stage of the challenge.