

# Join WellStyles Today!




**Earn up to \$300 while improving your health and wellness!**

WellStyles is your personalized health and wellness program that's designed to meet you where you're at in your health journey. Our members spend an average of 50 hours per week at work, and we're here to help you carve out time for yourself. Because optimal health is for everyone. The WellStyles program runs from July 1 - June 30.

## What you can earn:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	SECRET LEVEL 5
<b>Points</b>	5,000	15,000	35,000	60,000	Unlock to reveal
<b>Rewards</b>	\$20	\$80	\$140	\$200	

## How to get started:

-  Sign up for your account by going to [join.virginpulse.com/wellstyles](http://join.virginpulse.com/wellstyles)
-  Sign up with your information as it appears with your employer
-  Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime.



*Please note: If you create an account through the app, you will need to enter the sponsor name.*

**Sponsor Name: WellStyles**

## Who is this for?

Everyone enrolled in (GUHSD's health plan is invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

## Questions?

If you need assistance, please contact the WellStyles team at [info@wellstyles.org](mailto:info@wellstyles.org).



# A quick guide to success:

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 "My Earnings" for a full list.

Activity	Monthly Points Earned	Activity	Yearly Points Earned
<b>Do one Daily Card = 20 points</b>		<b>Health Assessment</b> 2,500	
Complete 2 Daily Cards, 5 days a week	200	Find the Health Assessment by clicking on Rewards and scrolling down to the Survey section and click on Health Assessment.	
Bonus: Complete 10 Daily Cards in a month	100		
Bonus: Complete 20 Daily Cards in a month	200	<b>Preventative Care</b>	
<b>Do one Healthy Habit = 10 points</b>		Dental Exam x2	5,000
Track Healthy Habits, 3x a day for 5 days a week	150	Vision Exam	2,500
Bonus: Track Healthy Habits 10 days in a month	200	Preventative Vaccine x2	5,000
Bonus: Track Healthy Habits 20 days in a month	300	Cancer Screening x3	15,000
<b>Take 7,000 steps in a day = 70 points</b>		<b>Wellness Exam</b>	<b>\$100</b>
Take 7,000 steps a day for 5 days a week	400	<i>Note: Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam/screening. For example, a doctor's note or your explanation of benefits from your medical insurance provider.</i>	
20-Day TT: 7,000 steps/15 active min/15 workout min	400	<b>Additional</b>	
20-Day TT: 10,000 steps/30 active min/30 workout min	500	WellStyles Annual Survey	1,000
<b>Track Sleep Manually per night = 10 points</b>		Winter Step Challenge	2,000
Track Sleep Manually 5 days a week	50	Spring Step Challenge	2,000
Bonus: Track Sleep 10 days in a month	100	Additional WellStyles Events x2	600
Bonus: Track Sleep 20 days in a month	200	<b>TOTAL YEARLY POINTS</b>	<b>up to 55,600</b>
Bonus: Sleep > 7 hours 20 days in a month	500		
<b>Healthy Habit Challenge = 200 points</b>			
Create a Personal Challenge	50		
<b>Monthly Virtual WellStyles Events</b>			
Wellness Window x9	350		
Healthy Habit Coaching Call x9	350		
WellStyles Event points are awarded by Voucher Codes. These 10-digit codes can be applied to your account by clicking on Rewards then by clicking on Redeem a Voucher.			
<b>TOTAL MONTHLY POINTS</b>		<b>up to 7,350</b>	



## Have questions about the platform?

View our WellStyles Tech-Tip page that has short and sweet tech tip videos designed to help you navigate the WellStyles platform and achieve your health and wellness goals with ease.

