

There's something for everyone.

Which focus area do you align with?

HealthFlex Well-Being Programs 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.

Earn up to \$410 this year for prioritizing your well-being

- Accumulate 15,000 points per quarter to earn \$40 in Pulse Cash, for up to \$160 in Pulse Cash annually
- Accumulate 150 Wellness Credits and earn \$150 in Pulse Cash annually
- **BONUS:** Earn an extra \$100 in Pulse Cash just for completing the Blueprint for Wellness®

"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."

"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: Physical Activity

Annual Wellness Credit Opportunities	Credits Earned
Complete the Health Check	35
Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)	150
Complete a Journey (earn 15 credits each, 3x/year)	45
Program Total	230
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 Actions	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Getting Active, 30 days/month	2,700
Physical 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
Challenges	
Join a personal challenge each month	300
Win the Promoted Healthy Habit Challenge each month	600
Nutrition	
Daily calorie tracking, 10 days/month	600
Choose your eating type	250
Quarterly Total	19,650

GOAL: Emotional Well-being

Annual Wellness Credit Opportunities	Credits Earned
Complete the Health Check	35
Access the EAP for Work/Life Services	15
Access the EAP for Emotional Counseling	15
Adopt a new spiritual practice for 1 month	15
Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)	150
Meet with an EY Financial Planner for at least 5 minutes	25
Submit a success story	20
Complete a Journey (earn 15 credits each, 3x/year)	45
Program Total	320
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 Activities	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Reducing Stress, 30 days/month	2,700
Physical Activity	
Take 7,000 steps/day, 20 days/month	4,200
Mental Well-Being	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs each month	150
Sleep	
Track sleep nightly, 20 days/month	1,200
Sleep >7 hours in a night, 20 days/month	3,000
Choose your sleep profile	250
Quarterly Total	16,200

GOAL: Living with Chronic Conditions

Annual Wellness Credit Opportunities	Credits Earned
Complete the Health Check	35
Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)	150
Omada Health participation	150
Complete a Journey (earn 15 credits each, 3x/year)	45
Meet American Heart Association guidelines on seven 2022 Blueprint for Wellness health measures or improve on 2021 results (earn 20 credits each)	140
Program Total	520
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 Activities	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Health Situations, 30 days/month	2,700
Physical Activity	
Take 7,000 steps/day, 20 days/month	4,200
Mental Well-Being	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs per month	150
Nutrition	
Daily calorie tracking, 20 days/month	900
Browse healthy recipes 10 days/month	300
Sleep	
Track sleep nightly, 20 days/month	1,200
Sleep >7 hours in a night, 20 days/month	3,000
Choose your sleep profile	250
Quarterly Total	17,400

GOAL: Improved Sleep

Annual Wellness Credit Opportunities	Credits Earned
Complete the Health Check	35
Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)	150
Complete a Journey (earn 15 credits each, 3x/year)	45
Access the EAP for Emotional Counseling	15
Access the EAP for Work/Life Services	15
Program Total	260
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 Activities	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Sleeping Well, 30 days/month	2,700
Physical Activity	
Take 7,000 steps/day, 20 days/month	4,200
Mental Well-Being	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs per month	150
Sleep	
Track sleep nightly, 20 days/month	1,200
Sleep >7 hours in a night, 20 days/month	3,000
Quarterly Total	15,950

GOAL: Improved Diet

Annual Wellness Credit Opportunities	Credits Earned
Complete the Health Check	35
Complete a Virgin Pulse live coaching call (earn 25 credits each, 6x/year)	150
Complete a Journey (earn 15 credits each, 3x/year)	45
Omada Health participation	150
Program Total	380
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
Track 3 Healthy Habits from Eating Healthy, 30 days/month	2,700
Nutrition	
Daily calorie tracking, 20 days/month	900
Browse healthy recipes, 10 days/month	300
Favorite a recipe, 3 weeks/month	90
Choose your eating type	250
Physical 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	15,320