

# 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?

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®

### 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
<b>Program Total</b>	<b>230</b>
Quarterly Virgin Pulse Point Opportunities	Points Earned
<b>General</b>	
Set your interests (suggestions: Getting Active, Eating Healthy, Sleeping Well)	400
Set a Well-Being Goal (annual earning opportunity)	400
<b>Daily Actions</b>	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Getting Active, 30 days/month	2,700
<b>Physical Activity</b>	
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
<b>Challenges</b>	
Join a personal challenge each month	300
Win the Promoted Healthy Habit Challenge each month	600
<b>Nutrition</b>	
Daily calorie tracking, 10 days/month	600
Choose your eating type	250
<b>Quarterly Total</b>	<b>19,650</b>

### 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
<b>Program Total</b>	<b>320</b>
Quarterly Virgin Pulse Point Opportunities	Points Earned
<b>General</b>	
Set your interests (suggestions: Reducing Stress, Anxiety & Depression, Grief and Loss, Alcohol Use)	400
Set a Well-Being Goal (annual earning opportunity)	400
<b>Daily Activities</b>	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Reducing Stress, 30 days/month	2,700
<b>Physical Activity</b>	
Take 7,000 steps/day, 20 days/month	4,200
<b>Mental Well-Being</b>	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs each month	150
<b>Sleep</b>	
Track sleep nightly, 20 days/month	1,200
Sleep >7 hours in a night, 20 days/month	3,000
Choose your sleep profile	250
<b>Quarterly Total</b>	<b>16,200</b>



More focus areas on the next page >

"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

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
<b>Program Total</b>	<b>520</b>
Quarterly Virgin Pulse Point Opportunities	Points Earned
<b>General</b>	
Set your interests (suggestions: Diabetes, Blood Pressure, Obesity, Cholesterol, Medicine Support)	400
Set a Well-Being Goal (annual earning opportunity)	400
<b>Daily Activities</b>	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Health Situations, 30 days/month	2,700
<b>Physical Activity</b>	
Take 7,000 steps/day, 20 days/month	4,200
<b>Mental Well-Being</b>	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs per month	150
<b>Nutrition</b>	
Daily calorie tracking, 20 days/month	900
Browse healthy recipes 10 days/month	300
<b>Sleep</b>	
Track sleep nightly, 20 days/month	1,200
Sleep >7 hours in a night, 20 days/month	3,000
Choose your sleep profile	250
<b>Quarterly Total</b>	<b>17,400</b>

## 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
<b>Program Total</b>	<b>260</b>
Quarterly Virgin Pulse Point Opportunities	Points Earned
<b>General</b>	
Set your interests (suggestions: Sleeping Well, Reducing Stress, Getting Active)	400
Set a Well-Being Goal (annual earning opportunity)	400
<b>Daily Activities</b>	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Sleeping Well, 30 days/month	2,700
<b>Physical Activity</b>	
Take 7,000 steps/day, 20 days/month	4,200
<b>Mental Well-Being</b>	
Complete a RethinkCare session, 10 days/month	300
Complete 2 RethinkCare programs per month	150
<b>Sleep</b>	
Track sleep nightly, 20 days/month	1,200
Sleep >7 hours in a night, 20 days/month	3,000
<b>Quarterly Total</b>	<b>15,950</b>

## 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
<b>Program Total</b>	<b>380</b>
Quarterly Virgin Pulse Point Opportunities	Points Earned
<b>General</b>	
Set your interests (suggestions: Eating Healthy, Getting Active, Sleeping Well)	400
Set a Well-Being Goal (annual earning opportunity)	400
<b>Daily Cards</b>	
Complete 2 Daily Cards, 30 days/month	3,600
Track 3 Healthy Habits from Eating Healthy, 30 days/month	2,700
<b>Nutrition</b>	
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
<b>Physical Activity</b>	
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
<b>Challenges</b>	
Join a personal challenge each month	300
Win the promoted Healthy Habit Challenge each month	600
<b>Quarterly Total</b>	<b>15,320</b>



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BENEFITS | INVESTMENTS

