

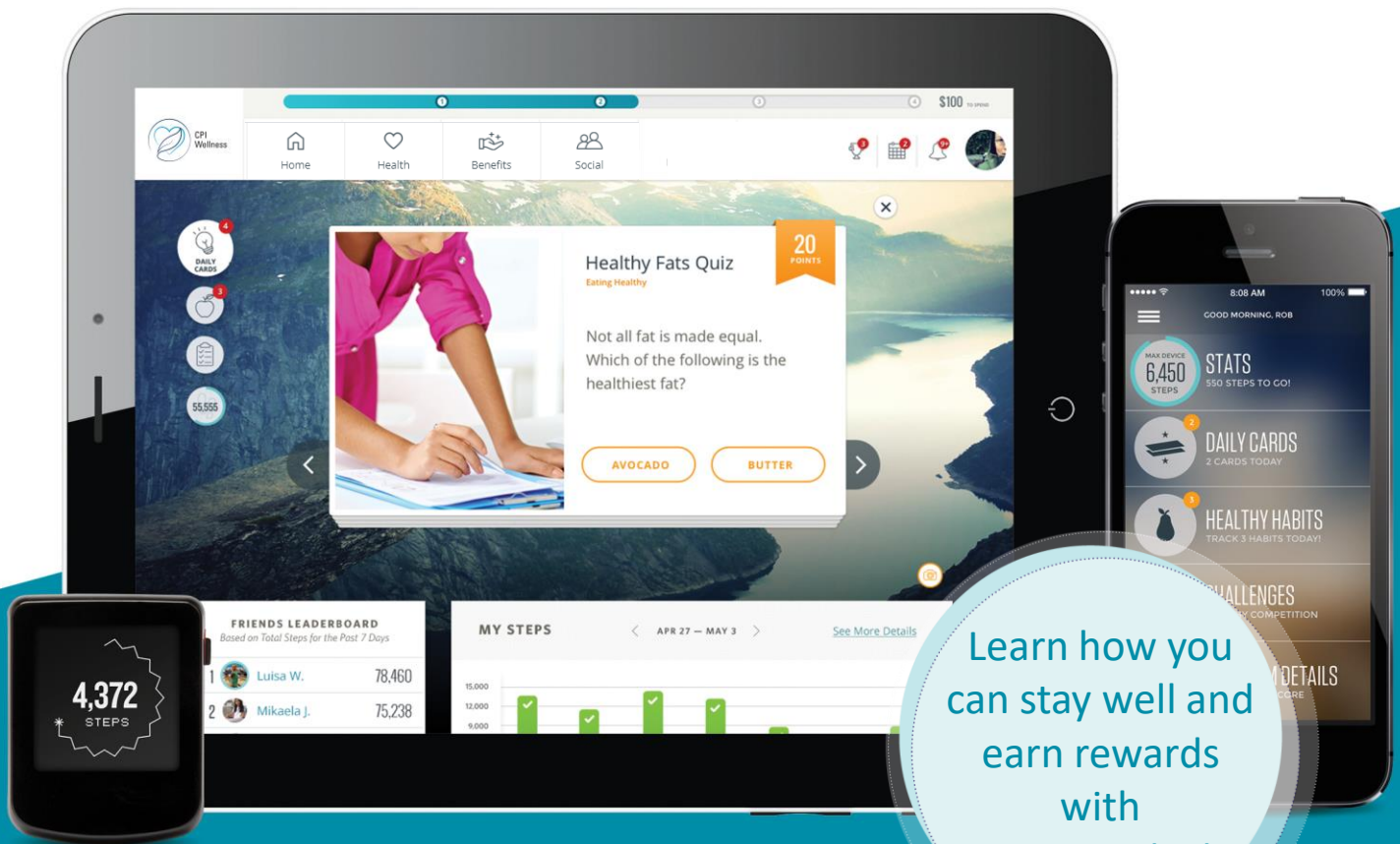


**ILENE SHAPIRO**  
COUNTY EXECUTIVE



# IT'S YOUR TIME TO THRIVE.

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded.



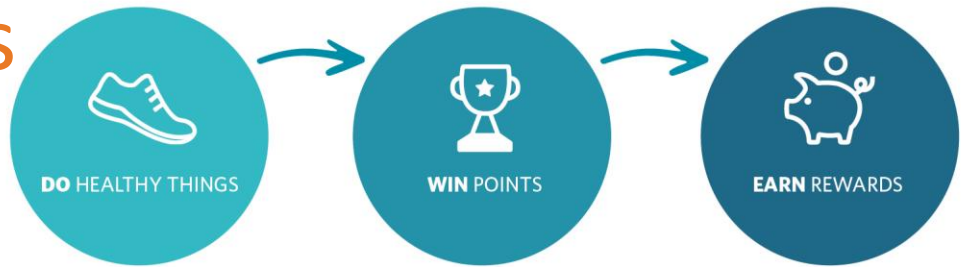
Learn how you can stay well and earn rewards with Virgin Pulse!

## Here's how to get started:

- 1 **Activate your Virgin Pulse account** at [join.virginpulse.com/Summit](http://join.virginpulse.com/Summit) (Already registered? Log in at [join.virginpulse.com/summit](http://join.virginpulse.com/summit))
- 2 **Download the Virgin Pulse mobile app** for iOS or Android. The first time you log in, you'll earn bonus points.
- 3 **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Misfit, etc.)
- 4 **Upload a profile picture and add friends.**
- 5 **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

# Your Rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards!



	Level 1	Level 2	Level 3	Level 4
<b>POINTS EARNED</b>	<b>500</b>	<b>5,000</b>	<b>12,000</b>	<b>18,000</b>
<b>REWARDS</b>	<b>\$10</b>	<b>\$20</b>	<b>\$30</b>	<b>\$40</b>

- Earn \$50 for completing your HRA!
- Earn an additional \$50 for completing your Biometric Screenings – Blood Pressure, BMI, Cholesterol, and Glucose.
- Earn an additional \$50 for completing your Non-Smoking Affidavit (employees only)!
- Earn an additional \$50 for taking the Mental Health Pledge!

## How to Earn Points

<b>Activity</b> Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile App)	DAILY	Per 1,000 steps	10 Points
	(up to 140 Points/day)	15 or more active minutes	70 Points
		30 or more active minutes	120 Points
		45 or more active minutes	140 Points
MONTHLY	Take 7,000 steps in a month (moderate activity)	400 Points	
	Take 10,000 steps in a month (high activity)	500 Points	
<b>Measurements</b>	MONTHLY	Enter your measurements (weight and/or blood pressure)	50 Points
	<b>Self Tracking</b> Track Healthy Habits and various activities	DAILY	Track your healthy habits (up to 30 Points/Day)
MONTHLY		Track healthy habits 10 days in a month	200 Points
		Track healthy habits 20 days in a month	300 Points
ONE-TIME	First time tracking Health Habits 5 days in a month	100 Points	
<b>Cards</b>	DAILY	Complete card (2/day)	20 Points
	MONTHLY	Complete 10 daily cards in a month	100 Points
		Complete 20 daily cards in a month	200 Points
<b>Challenges</b>	MONTHLY	Create a personal challenge	50 Points
		Join a personal challenge	100 Points
		Win the promoted Healthy Habit for 5/7 days	200 Points
	QUARTERLY	Join the Company Challenge	100 Points
		Post a chat comment for all weeks of the challenge Track steps for all weeks of the challenge Create and recruit a full team for the company wide challenge	200 Points 200 Points 350 Points
<b>Wellbeats</b>	DAILY	Achieve 20 Wellbeats Class Play Minutes	20 Points
	WEEKLY	Complete a Wellbeats Program	40 Points
	ONE-TIME	Complete all Wellbeats "About Me" Questions	50 Points
<b>Journeys</b>	DAILY	Complete a step	20 Points
	QUARTERLY	Complete a Journey	150 Points
<b>RethinkCare</b> (employees only)	DAILY	Complete a RethinkCare session	20 Points
	WEEKLY	Complete a RethinkCare program	50 Points
	MONTHLY	Complete 10 RethinkCare sessions in a month	100 Points
Complete 20 RethinkCare sessions in a month		200 Points	



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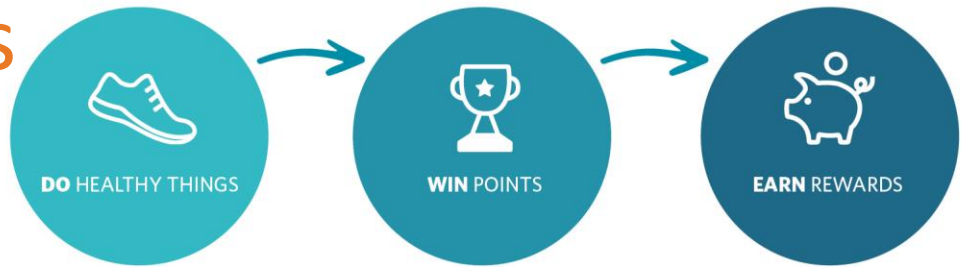
**Questions?** Contact Member Services at 888-671-9395



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## How to Earn Points

### More!

PARTICIPATION		
	Blood Drives	100 Points
MONTHLY	Fitness Classes + (25 / month)	10 Points
	Fitness Classes (25 / month)	20 Points
	Virtual Fitness Classes (28 / month)	15 Points
	Lunch and Learn + (4 / month)	50 Points
	Lunch and Learn (2 / month)	100 Points
	ANNUALLY	Dental Exam, Vision Exam or Flu Shot
	Set a wellbeing goal	200 Points
	Health Screenings (3 / year) <small>*Mammogram, Pap Smear, PSA, and Colorectal Screenings</small>	400 Points
	Running, Cycling, Triathlons (10 / year)	300 Points
	Complete the Health Assessment	1,000 Points \$50
	Biometric Screening <small>*Can be completed by submitting a PCP form or attending a Biometric Screening hosted by The County of Summit</small>	1,000 Points \$50
	Nicotine Free Agreement	250 Points \$50 (employee only)
	Take the Mental Health Pledge	\$50 (employee only)
	Attend the Health Fair Annually	100 Points
	COVID-19 Shot	200 Points (x2)
ONE-TIME	Complete Registration	100 Points
	Connect activity device	200 Points
	Add a profile picture	100 Points
	First 5 friends	250 Points
	First login to mobile app	250 Points
	Set interests	100 Points

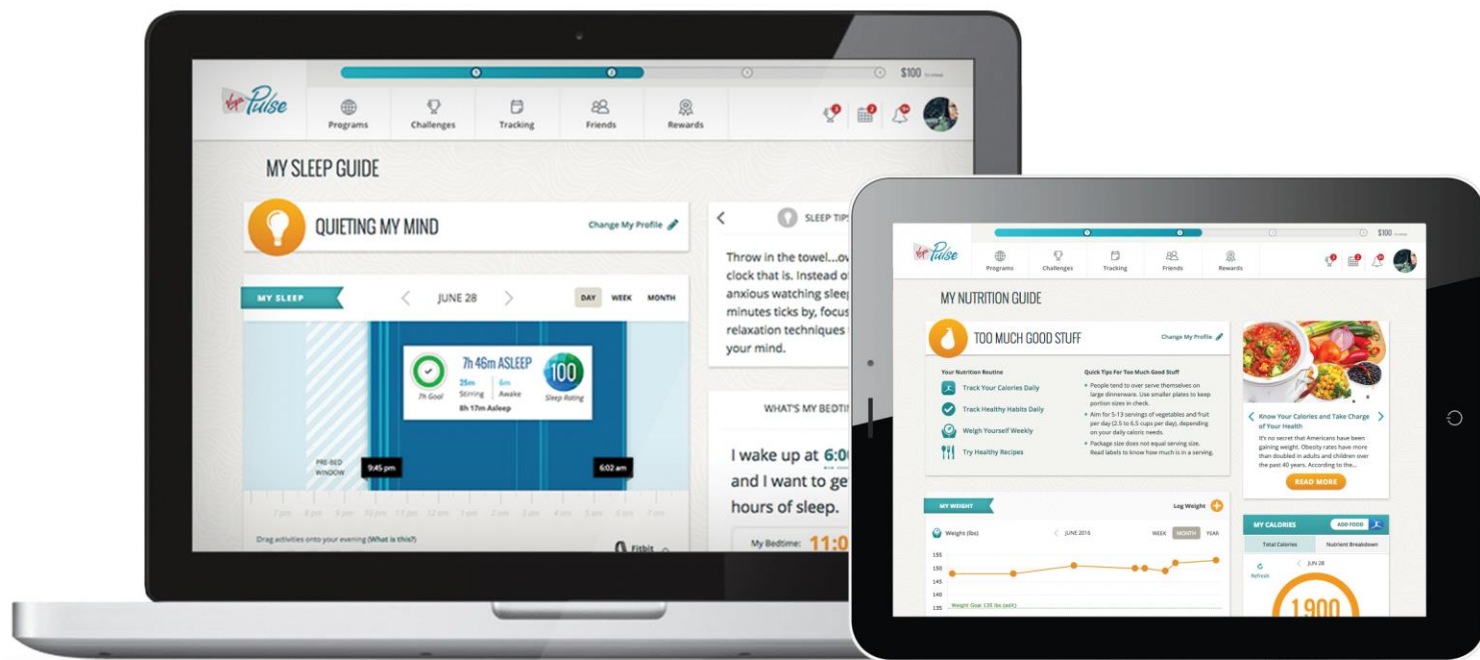
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# Build healthy nutritional and sleep habits for life!



## Earn points for making good nutritional choices.

Nutrition	DAILY	Browse healthy recipes Daily calorie tracking via MyFitnessPal	10 Points 20 Points
	WEEKLY	Favorite a recipe Add a recipe to grocery list	10 Points 10 Points
	MONTHLY	Track calories 10 days in a month Track calories 20 days in a month	200 Points 300 Points
	QUARTERLY	Chose your eating type	250 Points
	ONE-TIME	Connect calorie tracker via MyFitnessPal	100 Points

## Earn points for getting enough sleep.

Sleep	DAILY	Track sleep manually Track validated sleep nightly Sleep >7 hours in a night* <i>*Only for validated tracking</i>	10 Points 20 Points 50 Points
	MONTHLY	Track sleep 10 days in a month Track sleep 20 days in a month Sleep >7 hours 20 days in a month	100 Points 200 Points 300 Points
	QUARTERLY	Choose your sleep profile	250 Points



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