

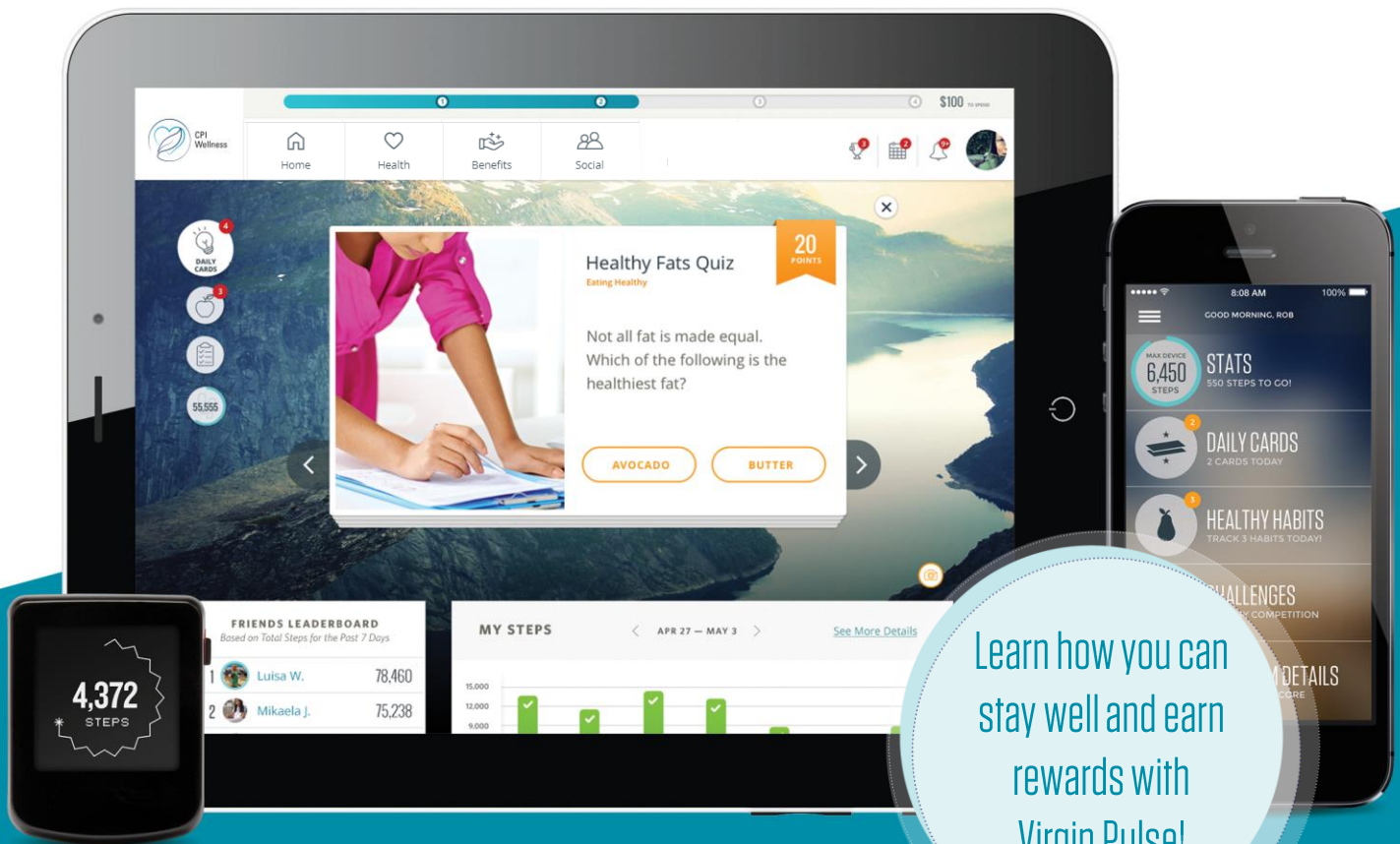


ILENE SHAPIRO
COUNTY EXECUTIVE



IT'S YOUR TIME TO THRIVE.

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

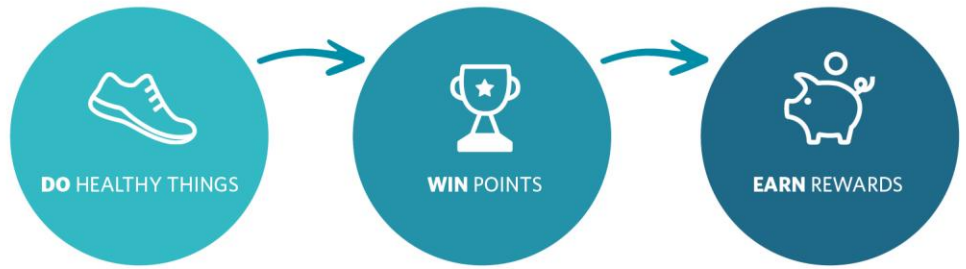


Here's how to get started:

- 1 Activate your Virgin Pulse account at join.virginpulse.com/Summit (Already registered? Log in at 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
POINTS EARNED	500	5,000	12,000	18,000
REWARDS	\$10	\$20	\$30	\$40

- Earn \$50 for completing your HRA!
- Earn an additional \$50 for completing your Biometric Screenings – Blood Pressure, BMI, Cholesterol, and Glucose.

How to Earn Points

Activity Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile App)	DAILY (up to 140 Points/day)	Per 1,000 steps 15 or more active minutes 30 or more active minutes 45 or more active minutes	10 Points 70 Points 120 Points 140 Points
	MONTHLY	Take 7,000 steps in a month (moderate activity) Take 10,000 steps in a month (high activity)	400 Points 500 Points
Measurements	MONTHLY	Enter your measurements (weight and/or blood pressure)	50 Points
Self Tracking Track Healthy Habits and various activities	DAILY	Track your healthy habits (up to 30 Points/Day)	10 Points
	MONTHLY	Track healthy habits 10 days in a month Track healthy habits 20 days in a month	200 Points 300 Points
	ONE-TIME	First time tracking Health Habits 5 days in a month	100 Points
Cards	DAILY	Complete card (2/day)	20 Points
	MONTHLY	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 Points 200 Points
Challenges	MONTHLY	Create a personal challenge Join a personal challenge Win the promoted Healthy Habit for 5/7 days	50 Points 100 Points 200 Points
	QUARTERLY	Join the Company Challenge 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	100 Points 200 Points 200 Points 350 Points
Journeys	DAILY	Complete a step	20 Points
	QUARTERLY	Complete a Journey	150 Points



Sign up now at join.virginpulse.com/summit

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Questions? Contact Member Services at 888-671-9395



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How to Earn Points

More!

CATEGORY	ACTIVITY	POINTS	
PARTICIPATION	Blood Drives	100 Points	
	Dental Exam, Vision Exam or Flu Shot	200 Points each	
	Set a wellbeing goal	200 Points	
	Health Screenings (3 / year) <small>*Mammogram, Pap Smear, PSA, and Colorectal Screenings</small>	400 Points	
ANNUALLY	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	
	Attend the Health Fair Annually	100 Points	
	COVID-19 Shot	200 Points (x2)	
	Complete Registration	100 Points	
	Connect activity device	200 Points	
	Add a profile picture	100 Points	
	ONE-TIME	First 5 friends	250 Points
		First login to mobile app	250 Points
Set interests		100 Points	



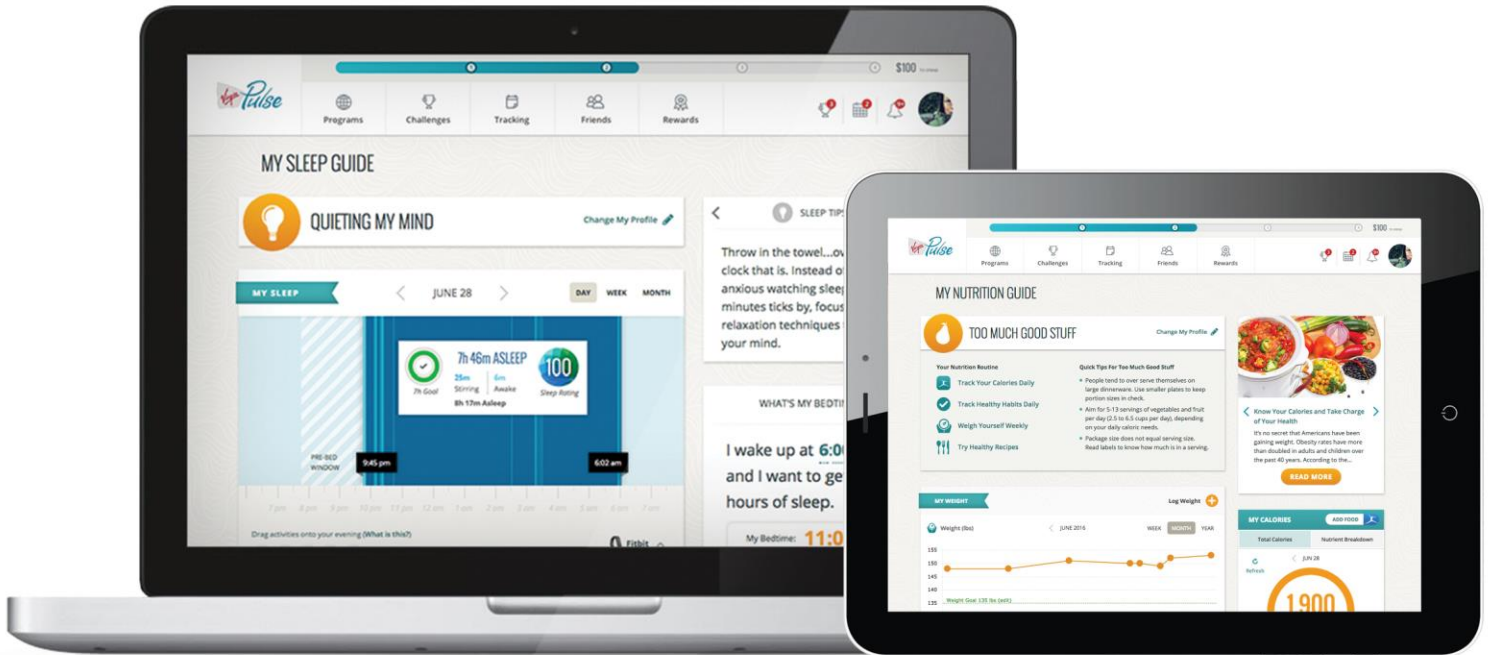
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Build healthy nutritional and sleep habits for life!



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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