

## Virgin Pulse Highlights

The new **Virgin Pulse “2.0”** is a streamlined way to earn Virgin Pulse Points for walking and other physical activity.

- Daily steps add up in a simplified, logical way:  
1,000 steps = 10 Points, 2,000 steps = 20 Points, etc.
- Aim for at least 7,000 steps each day (70 Points)—  
or strive for 14,000 steps and maximum 140 Points per day
- Also earn Points for active minutes, challenges, healthy habits and more!

Participants and covered spouses can each earn up to **\$40 per calendar quarter** (same as 2016).

Virgin Pulse is compatible with many activity trackers—including Max, Fitbit, Jawbone, Misfit, Garmin and MyFitnessPal—and with iPhone and Android mobile apps.

### Potential Earnings—Rewards per Calendar Quarter

LEVEL 1	Virgin Pulse Points	PulseCash Earned	Cumulative Rewards	LEVEL 2	Virgin Pulse Points	PulseCash Earned	Cumulative Rewards
	1,000	\$5	\$5		5,000	\$15	\$20
LEVEL 3	Virgin Pulse Points	PulseCash Earned	Cumulative Rewards	LEVEL 4	Virgin Pulse Points	PulseCash Earned	Cumulative Rewards
	10,000	\$10	\$30		15,000	\$10	\$40

**Total PulseCash possible for 2017—\$160 for Virgin Pulse activities**

## Ways to Earn Virgin Pulse Points

	Descriptions	Points	Frequency
<b>ACTIVITY</b>	Per 1,000 steps (up to 140 Points/day for 14,000 steps)	10	Daily
	15 or more active minutes	70	
	30 or more active minutes	120	
	45 or more active minutes	140	
	Take 7,000 steps 20 days in a month	400	Monthly
	Take 10,000 steps 20 days in a month	500	
<b>MEASUREMENT</b>	Enter your measurements (weight)	100	Monthly
<b>SELF-TRACKING</b>	1 entry (up to 30 Points/day)	10	Daily
	Achieve the promoted Healthy Habit for 5 of 7 days	200	Monthly
<b>CARDS</b>	Complete card (2/day—20 Points each)	40	Daily
<b>CHALLENGES</b>	Join Challenges set up by your conference or employer	100	Quarterly
	Join a personal challenge	100	Monthly

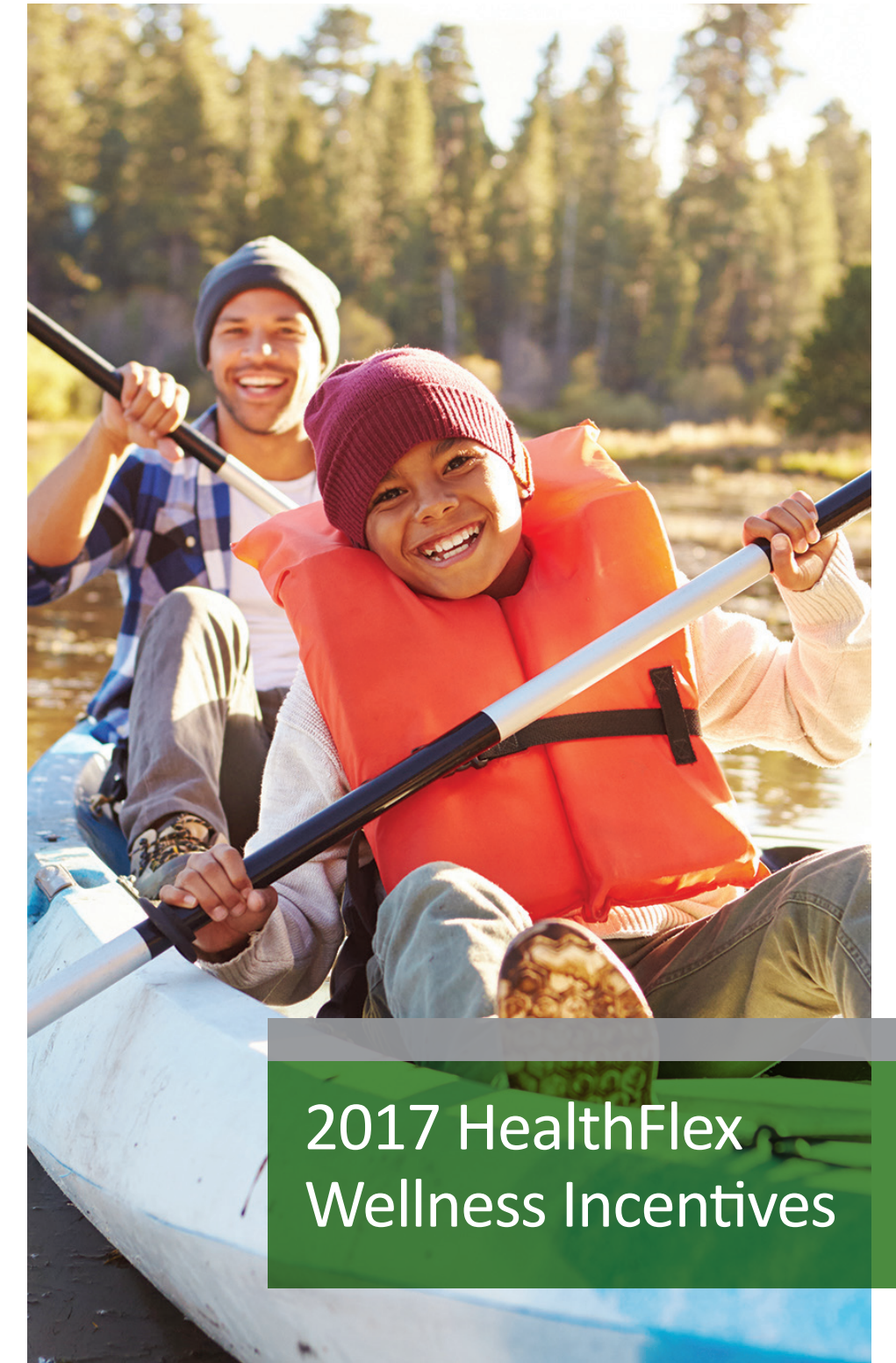
2017 HEALTHFLEX WELLNESS INCENTIVES

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Center for Health



2017 HealthFlex  
Wellness Incentives

**2017 Incentives**  
More ways to earn rewards  
while enhancing your  
well-being!

a general agency of The United Methodist Church





## Promoting Well-Being in All Its Dimensions

HealthFlex promotes good health and vitality across five dimensions of well-being. This year's HealthFlex incentives build upon familiar programs—with new opportunities for participants and covered spouses to address all dimensions.

You'll have many opportunities throughout 2017 to:

- ▶ **Take Action** Complete activities and adopt behaviors aimed at a healthier you.
- ▶ **Improve Well-being** Increase vitality as you make strides along multiple dimensions of well-being.
- ▶ **Earn Rewards** Primary participant and spouse in HealthFlex can *each* earn up to **\$410** in incentives.



## What's New for 2017!

The 2017 wellness program adds some new features:

- ▶ **Virgin Pulse "2.0" platform**—more intuitive, better web and mobile app functionality, and more opportunities to earn Virgin Pulse Points\* and PulseCash\* rewards
- ▶ **More paths to Wellness Points**—added actions highlight spiritual and financial well-being
- ▶ **WebMD mobile app and website enhancements**—coming soon!

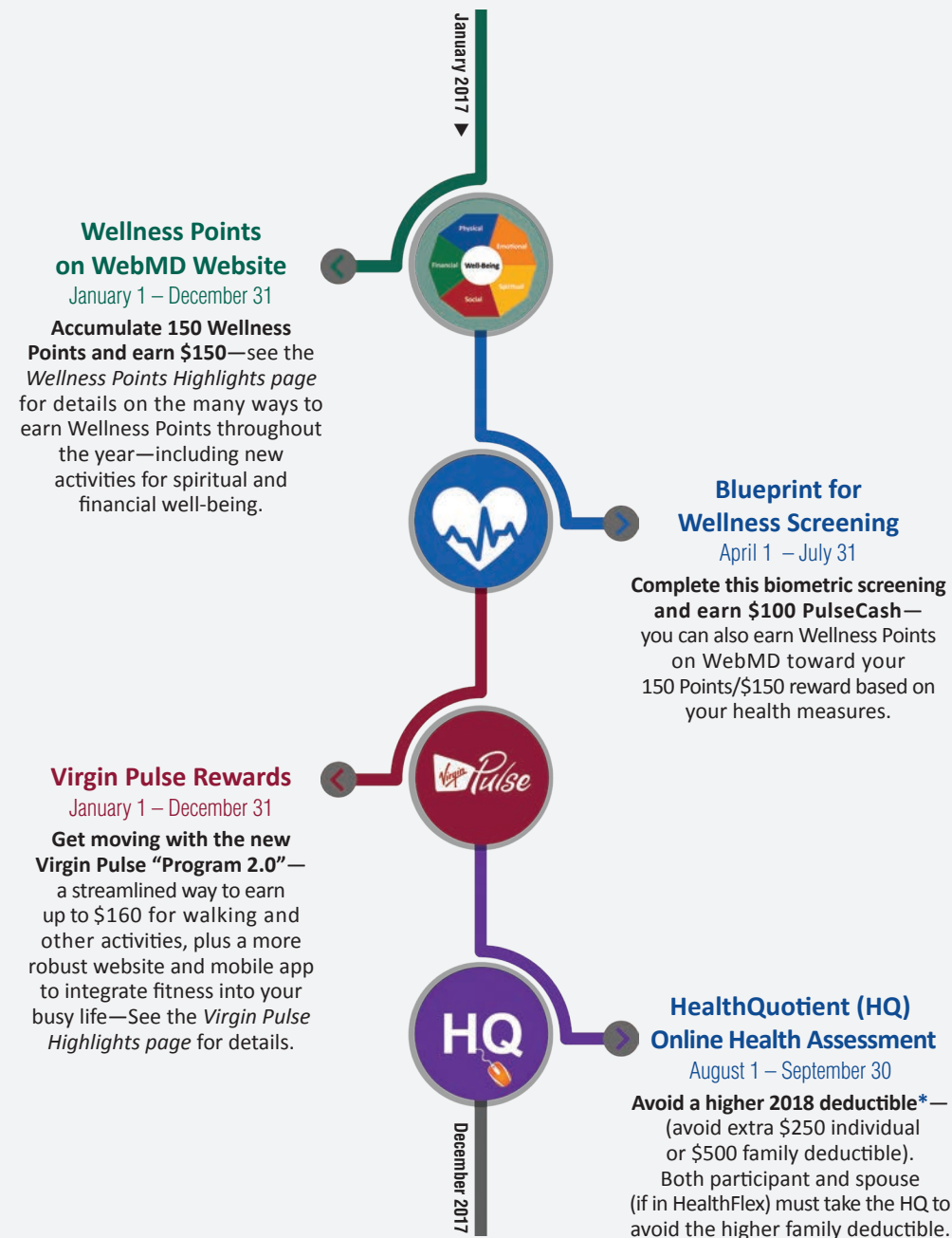
Many other features remain unchanged from 2016, including HealthQuotient, Blueprint for Wellness and other Wellness Points opportunities.

\* Virgin Pulse Points: previously "HealthMiles"; PulseCash: previously "HealthCash"

The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.

## 2017 Wellness Incentives At-a-Glance

Follow this path for health, vitality, well-being—and rewards!



\* Deductible applies to medical/behavioral health services for B1000, C2000 and C3000 plans; applies to medical/behavioral health/pharmacy services for H1500, H2000 and H3000 plans.

### "Cash In" on Wellness

Earn **PulseCash** while enhancing your well-being. PulseCash (previously called "HealthCash") is the rewards currency for HealthFlex programs. Primary participants and covered spouses are *each* eligible for **up to \$410 PulseCash** in 2017 (up to **\$820 per family**)—must be enrolled in the Virgin Pulse program to earn and redeem PulseCash.

Participation in wellness programs is voluntary.

## Wellness Points Highlights

Ways to Earn Wellness Points Across Five Dimensions of Well-Being—2017			
Action	HealthFlex Wellness Points Per Action	Frequency Allowed	Maximum Wellness Points
Health Measures Rewards for Blueprint for Wellness results <ul style="list-style-type: none"> <li>• Blood pressure</li> <li>• Blood sugar</li> <li>• Triglycerides</li> <li>• HDL cholesterol</li> <li>• Waist circumference</li> <li>• Body mass index (BMI)</li> </ul>	20 points per eligible health measure—6 health measures possible	Once	120
Complete any WebMD coaching call	25	6 times	150
Submit success story through HealthFlex/WebMD website (name/contact info required to earn Points, but can publish anonymously)	20	Once	20
Have your success story selected (HealthFlex will notify you if selected)	20	Once	20
View "Wellness Success Stories" on HealthFlex/WebMD (maximum rewards: once per calendar quarter)	5	4 times	20
Select goal in My Health Assistant (HealthFlex/WebMD website)	5	3 times	15
Achieve any goal in My Health Assistant	15	3 times	45
Access Employee Assistance Program (EAP) for emotional counseling	15	Once	15
Access EAP for Work/Life Services	15	Once	15
Activate your MDLIVE telemedicine account—NEW	15	Once	15
Adopt a new spiritual practice for 1 month—NEW	15	Once	15
Complete EY Financial Wellness Assessment—NEW	25	Once	25
<b>150 Wellness Points needed to earn \$150 "PulseCash"</b> (Must be in Virgin Pulse program to redeem PulseCash)			



[wspath.org](http://wspath.org)

More Info Online!

Log in to "HealthFlex/WebMD"

- ▶ 2017 Incentives FAQs
- ▶ Virgin Pulse FAQs

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