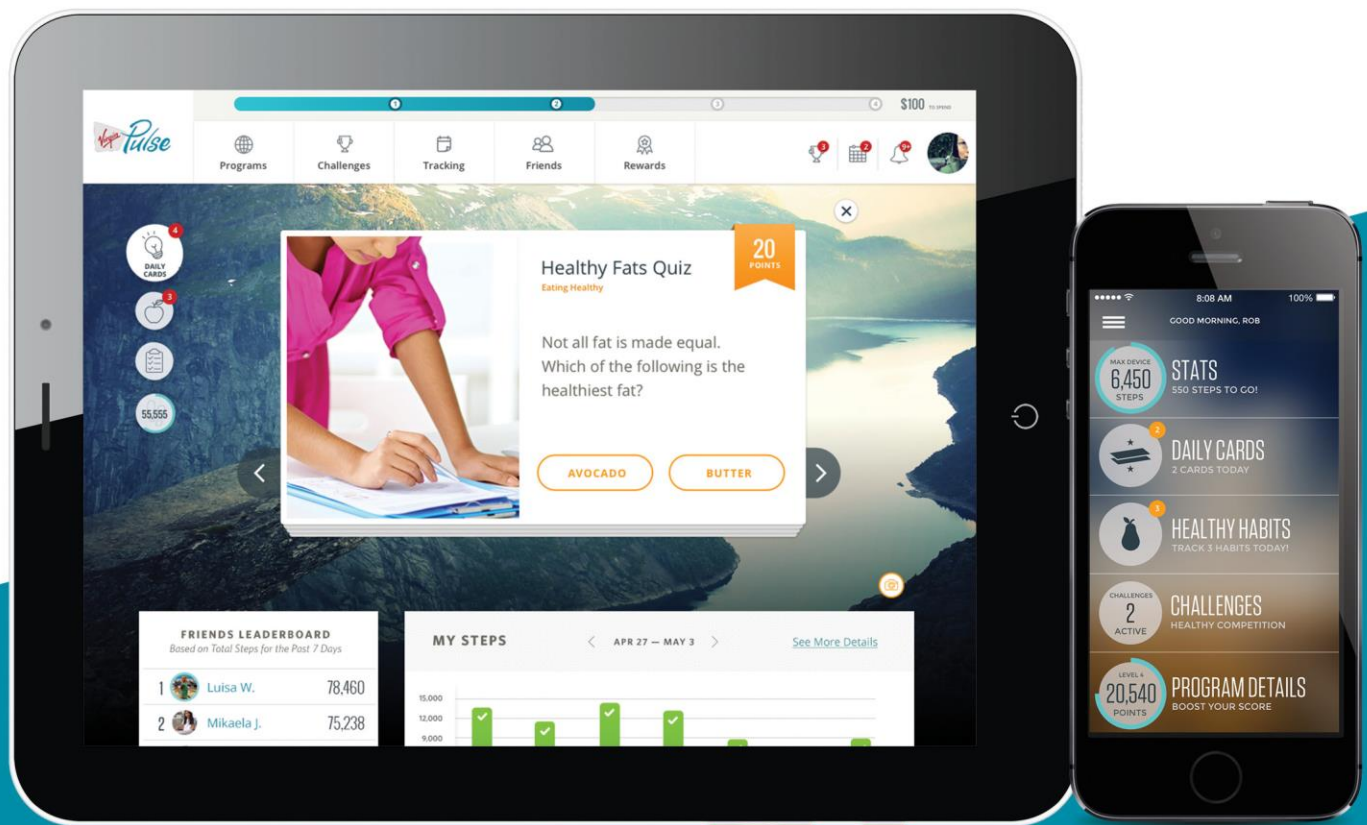


IT'S YOUR TIME TO THRIVE.

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



What You'll Do

- ➔ Register for your Virgin Pulse account.
- ➔ Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!
- ➔ Check in by taking health measurements like weight and blood pressure.
- ➔ Take part in challenges with friends, discover healthy tips, and more.
- ➔ Get rewards for the healthy things you do!

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
<ul style="list-style-type: none"> Earn up to 5 raffle entries per quarter! Earn 1 raffle entry per level achievement. Also earn 1 raffle entry upon joining the quarterly challenge! The quarterly challenges' 1st 2nd 3rd place winning individuals will receive \$150, \$100, \$50 PulseCash The winning team of each challenge will receive \$1000 to be donated to the charity of their choice <p>The districts with the top percentages of participation will be awarded the following for their districts education foundation: 1st place: 1500 2nd place: 750 3rd place: 500</p>	POINTS EARNED 1,500 REWARDS 1 Entry	5,000 1 Entry	12,000 1 Entry	20,000 1 Entry

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 100 Points 140 Points
	MONTHLY	Take 7,000 steps 20 days in a month Take 10,000 steps 20 days in a month	400 Points 500 Points
Measurements & Assessment Self-entered measurements & health assessment	MONTHLY	Enter your measurements (weight and/or blood pressure)	250 Points
Self Tracking Track Healthy Habits and various activities	DAILY (up to 30 Points/day)	1 entry 10 days of Healthy Habit tracking 20 days of Healthy Habit tracking	10 Points 200 Points 300 Points
	Cards Complete	DAILY MONTHLY	Complete card (2/day) Complete 10 daily cards in a month Complete 20 daily cards in a month
Challenges	MONTHLY	Create a personal challenge Join a personal challenge Achieve the promoted Healthy Habit for 5 of 7 days Join corporate competition (2/yr)	50 Points 100 Points 200 Points 250 Points
	ONE-TIME	Registration Connect activity device Upload a profile picture Add 5 friends Add friends outside the company First login to mobile app First time tracking 5 Healthy Habits in a month	150 Points 150 Points 50 Points 250 Points 100 Points 250 Points 100 Points
More!	QUARTERLY	Set interests	200 Points
	ANNUALLY	Complete Health Assessment Complete the Nicotine-Free Agreement Begin SelfHelpWorks online coaching session SelfHelpWorks online coaching; 4 sessions complete SelfHelpWorks module completion	1000 Points 200 Points 200 Points 200 Points 500 Points



Sign up now at join.virginpulse.com/TheLanceGroup

Already a member? Login at member.virginpulse.com

Questions? Contact Member Services at 888-671-9395



Build healthy nutritional and sleep habits for life!



Earn points for making good nutritional choices!

Nutrition	DAILY	Browse healthy recipes Daily calorie tracking via MFP	10 Points 20 Points
	WEEKLY	Favorite a recipe Add a recipe to grocery list	10 Points 10 Points
	MONTHLY	Track MFP 10 days in a month Track MFP 20 days in a month	200 Points 300 Points
	PER QUARTER	Choose your nutrition profile	250 Points
	ONE-TIME	Connect to My Fitness Pal	100 Points

Earn points for getting enough sleep!

Sleep	DAILY	Track sleep manually Track sleep nightly Sleep >7 hours in a night	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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