

REWARDS

The more you do, the more you earn.

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—if you are a benefits eligible employee or enrolled spouse, you can earn up to \$70 a quarter in Pulse Cash. Medically enrolled employees and spouses can also earn a \$100 premium credit and non-enrolled employees can earn \$100 in Pulse Cash for completing their health assessment.

New this year, is our Live Well Healthy Actions. Complete a health screening, receive an expert opinion for spinal surgery, complete Alight Financial Advisors Budgeting for Success Workshop or participate in Citi's Global Community Day for additional ways to earn Pulse Cash.

Complete the Health assessment by 11/14/2021 to earn \$100 in rewards

Complete by November 14, 2021	Complete the Live Well Health Assessment	\$100
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\$100 will be paid as a Premium Reduction (if enrolled in a Citi medical plan) or in Pulse Cash (if not enrolled in a Citi medical plan).

You can participate in additional healthy activities throughout the year to earn points and watch your Pulse Cash add up. Some are worth points and others are worth dollars (see next page).

	Level 1 >	Level 2 >	Level 3 >	Level 4	Total rewards for the quarter
Points	1,000	5,000	12,000	20,000	
Rewards	\$10	\$15	\$20	\$25	\$70

Pulse Cash Annual Max = \$70 x 4 quarters = \$280

See ways to earn points on the next page >



Highlighted ways to earn points: There are many more ways to earn! Look for **How to Earn** under the **Rewards** tab in your account for a complete list.

	Do healthy things	Earn Points/ Pulse Cash
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a Whil session	20
	Browse healthy recipes	10
	Complete a step in Journeys®	20
	Monthly	 Complete 20 Daily Cards in a month
 Track Healthy Habits 20 days in a month		300
 Track sleep 10 days in a month		100
 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes		400
Join the company challenge		100
Complete a coaching appointment (4x per month)		500
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a whole Journey (4x per quarter)	250
Yearly	Live Health Online Consultation	200
Live Well Health Actions	Global Community Day Reimagined*	\$25 Pulse Cash
	Complete a health screening	\$50 Pulse Cash
	Complete the Budgeting for Success workshop*	\$100 Pulse Cash
	Receive a Grand Rounds medical expert opinion for spinal surgery**	\$200 Pulse Cash

*Only available for Citi employees

**Available for qualified diagnoses only

Bonus points get you there faster!



Want to reach Level 4? Earn your bonus points! Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Who's eligible:

Non-enrolled employees, medically enrolled employees and spouses are eligible to participate in the wellbeing program and earn rewards.

Sign up or log in at landing.virginpulse.com/LiveWell
or My Total Compensations and Benefits www.totalcomponline.com

