



# Rewards

It's easy to earn rewards by making healthy decisions. If you are a benefits-eligible employee or medically enrolled spouse/partner, you can earn up to \$70 a quarter in Pulse Cash. Medically enrolled employees and spouses/partners can also earn \$100 in premium credit and non-enrolled employees can earn \$100 in Pulse Cash for completing their Health Assessment.

**Continuing this year:** Live Well Healthy Actions. Complete a health screening or participate in Citi's Global Community Day for additional ways to earn Pulse Cash. **New this year:** Quarterly Financial Wellbeing Videos and Global Fitness Challenge Reward.

## Complete the Health Assessment by November 13, 2022, to earn \$100 in rewards.

<b>Complete by November 13, 2022</b>	Live Well Health Assessment	<b>\$100</b>
--	-----------------------------	--------------

\* \$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).

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

	<b>LEVEL 1</b>	<b>LEVEL 2</b>	<b>LEVEL 3</b>	<b>LEVEL 4</b>	<b>Total rewards per quarter</b>
<b>Points</b>	1,000	5,000	12,000	20,000	
<b>Pulse Cash</b>	\$10	\$15	\$20	\$25	<b>\$70</b>

**Pulse Cash annual max:** \$70 x 4 quarters = **\$280**



# Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
<b>Getting started</b>	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Sign up for the telehealth program (new registrants only)	200
	Download the Anthem Engage App (new participants only)	200
<b>Daily</b>	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
	Browse healthy recipes	10
	Complete a step in Journeys®	20
	<ul style="list-style-type: none"> <li>★ Complete 20 Daily Cards in a month</li> <li>★ Track Healthy Habits 20 days in a month</li> <li>★ Track sleep 10 days in a month</li> <li>★ Monthly Milestone: 20 days in a month tracking 7,000 daily steps or 15 activity minutes in a day</li> </ul>	<p>200</p> <p>300</p> <p>100</p> <p>400</p>
<b>Quarterly</b>	Complete a coaching appointment (1x per month)	500
	Choose your eating type	250
	Choose your sleep profile	250
<b>Yearly</b>	Complete a Journey (3x per quarter)	250
	Live Health Online Consultation (Anthem members only)	200
	Register for WINFertility (Anthem members only)	1,000 (one time)
	Complete a Teladoc Consultation (Aetna members only)	200
	Live Well Chronic Condition Management Program	1,000
<b>Live Well Healthy Actions</b>	Receive the support you need for a healthy pregnancy	1,000
	Global Fitness Challenge*	\$20 Pulse Cash
	Global Community Day Reimagined*	\$20 Pulse Cash
	Complete a health screening	\$50 Pulse Cash
	Quarterly Financial Wellbeing Videos - Alight Financial Advisors	\$15 Pulse Cash
	Receive an Included Health medical expert opinion for spinal surgery**	\$200 Pulse Cash

## ★ Earn bonus points!

**Want to reach Level 4?** 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?

All benefits-eligible employees, as well as medically enrolled spouses/partners, are eligible to participate in the wellbeing program and earn rewards.



**Not a member yet?**  
**Get the mobile app or visit:**  
[join.virginpulse.com/LiveWell](https://join.virginpulse.com/LiveWell)

\*Only available for Citi employees

\*\*Available for qualified diagnoses only

