



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 per 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:** You can earn more points for activity and coaching, as well as for completing financial Journeys® (1,000 points, 6x/year).

Complete the Health Assessment by November 12, 2023, to earn \$100 in rewards.

Complete by November 12, 2023	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).

Participate in additional healthy activities throughout the year to earn points and watch your Pulse Cash add up. See page 2 for a list of ways to earn points and Pulse Cash.

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

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:
Getting started	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
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
	Browse healthy recipes	10
	Complete a step in Journeys®	20
Monthly	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	★ Monthly Milestone: 20 days in a month tracking 7,000 daily steps or 15 activity minutes in a day	400
	Complete a survey (as available)	50
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	250
	Work with Live Well Health Coach (4x per quarter)	750
Yearly	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
	Receive the support you need for a healthy pregnancy	1,000
	Complete a financial Journey (6x per year)	1,000
Live Well Healthy Actions	Global Fitness Challenge*	\$20 Pulse Cash
	Complete a health screening	\$50 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

*Only available for Citi employees

**Available for qualified diagnoses only

