



**Sign up today
to begin earning
rewards!**

VIRGIN PULSE WELLBEING PROGRAM

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

- Earn a \$600 Well Credit by completing a biometric screening!
- Earn up to 300 Confetti Points by participating in activities!
- Access personalized tools and support to meet your wellbeing goals!

Who's eligible:

Full-time employees and spouses, if applicable, who are enrolled in the Maritz medical plan are eligible for the Well Credit. Full-time employees enrolled in the medical plan are eligible to earn Confetti Points.





How to get started

- Step 1** **Sign up for your Virgin Pulse account** by going to join.virginpulse.com/maritz. Already a member? Sign in at member.virginpulse.com.
- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3** **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
- Step 4** **Upload a profile picture** and add some friends.
- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Get the app:



Rewards

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—up to a \$600 Well Credit and 300 Confetti Points!

Complete a biometric screening during 2024 to earn a \$600 Well Credit in 2025 if you and your spouse, if applicable, are enrolled in the Maritz medical plan. We suggest you complete your screening by December 15 to allow time for uploading and processing your biometric screening form.

Complete by December 15, 2024	Complete a biometric screening	\$600
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Total Well Credit = \$600

Participate in additional healthy activities throughout the year to earn points and watch your rewards add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	40,000	60,000	
Confetti Points	75	75	75	75	300

Full-time employees enrolled in the Maritz medical plan are eligible for Confetti Points. All other employees and spouses are encouraged to participate in the activities!

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
	Complete the Health Check survey	1,000
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
Monthly	Win the promoted Healthy Habit Challenge	200
	Complete a coaching appointment	500
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Set a wellbeing goal	200
	Complete preventive care activities (4x/year)	100
	Complete the Nicotine-Free Agreement	500

Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Health Check survey

Learn your health score and about possible health risks. Get practical tips to help you maintain and improve your wellbeing. You'll find the survey under the **Health** tab.

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

My Care Checklist

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Phone Coaching

Talk to a coach over the phone to set goals and get one-on-one support, expert guidance and answers to your questions.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.