



Rewards

Earn up to \$250 for participating!

Our wellbeing program is designed to help you build healthy habits, manage stress, stay active and make the healthy changes you want to see. By staying engaged with the program over time, you'll earn points toward \$62.50 each quarter to total \$250 a year. Plus, reach Level 2 or higher and be entered into a quarterly drawing for a chance at winning one of two \$250 in rewards! As an added bonus, once you reach Level 4, a new Secret Level 5 will be unlocked. Those who complete Level 5 will be entered into a drawing for \$50 in rewards.

New to the Virgin Pulse program?

How to get started:

STEP 1 **Sign up** for your Virgin Pulse account by going to join.virginpulse.com/MEABT. Already a member? Sign in at member.virginpulse.com.

STEP 2 **Sign up** with your name as it appears on your Anthem card.

STEP 3 **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime.



Please note: An activity tracking device is not required to participate.

Eligibility:

Everyone enrolled (active & retired) in an MEABT health plan, including enrolled spouses, domestic partners, and dependents aged 18-26, are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

Questions?

Contact Virgin Pulse Member Services: 855-689-6884.

MEA
Benefits Trust

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	TOTAL	NEW SECRET LEVEL 5
Points	2,000	5,000	12,000	18,000	18,000	Unlock Level 4 to find out
Reward	\$5 Pulse Cash	\$10 Pulse Cash	\$20 Pulse Cash	\$27.50 Pulse Cash	\$62.50 each quarter Pulse Cash	Eligibility for five \$50 Pulse Cash drawings

Participants can earn up to \$62.50 a quarter—which equals \$250 after completing 4 quarters. Points refresh each quarter, but your earned Pulse Cash is yours to keep and accumulate.

A quick guide to success:

Activity	Quarterly Points Earned
Do one Daily Card = 20 points	
Complete 2 Daily Cards, 5 days a week	2,560
Bonus: Complete 10 Daily Cards in a month	600
Bonus: Complete 20 Daily Cards in a month	1,200
Track one Healthy Habit = 10 points	
Track Healthy Habits, 3x a day for 5 days a week	1,920
Bonus: Track Healthy Habits 10 days in a month	900
Bonus: Track Healthy Habits 20 days in a month	1,200
Take 7,000 steps in a day = 80 points	
Take 7,000 steps a day for 5 days a week	5,120
20-Day Triple Tracker: 7,000 steps/15 active min/15 workout min	1,500
20-Day Triple Tracker: 10,000 steps/30 active min/30 workout min	1,800
Complete one RethinkCare session per day = 20 points	
Complete 5 RethinkCare sessions in a week	1,280
Complete a RethinkCare Program	600
Bonus: Complete 10 RethinkCare sessions in a month	300
Bonus: Complete 20 RethinkCare sessions in a month	600
Track Sleep Manually per night = 20 points	
Track Sleep Manually 5 days a week	1,280
Bonus: Track Sleep 10 days in a month	300
Bonus: Track Sleep 20 days in a month	600
Track calories daily = 20 Points	
Daily calorie tracking for 5 days a week	1,280
Track calories 10 days in a month	600
Track calories 20 days in a month	900
Quarterly activities for success	
Set your Interests	250
Choose your eating type	250
Choose your sleep profile	250
Complete a video from the Media Library	600
Give and receive Shoutouts	600
Quarterly Total:	26,170

Activity	Points Earned
Preventive care: 1x per program year	
Annual Physical	1,000
Mammogram	500
Pap Test	500
Prostate Exam	500
Colonoscopy	500
Annual Total:	3,000

To earn rewards for preventive care exams, complete and submit the online Preventive Care Attestation Form.

1. Go to the **Benefits** tab in your Virgin Pulse account.
2. Select **Preventive Care Attestation Form**.
3. Select the preventive exams you've completed.
4. Complete the form and click **Submit**.

How to use Pulse Cash:



Shop



Donate



Gift Cards

This guide does not include all methods and strategies to earning points. The Quarterly Points Earned above assumes, on average, you are active 5 days a week for a total of 64 days per quarter. If you need assistance with setting yourself up for success, please contact Virgin Pulse Member Services at 855-689-6884.