



HEALTHY ACTIVITIES YOU CAN DO FROM HOME

m MANAGEMENT
AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Healthy activities you can do from home

Our wellbeing program can help you continue to focus on your physical and mental wellbeing throughout the COVID-19 pandemic. The program offers a variety of activities that can help you re-energize, de-stress, and help you focus on your overall health.

Bonus: when you complete these activities, you can earn points towards your wellbeing reward! Earn 200 points by Oct. 31, and we'll pay the first \$70 of your deductible next year. Getting healthy never felt so rewarding.

New activities

- **Springtime scavenger hunt: worth 50 points**
Get outside and soak up some Vitamin D as you look for signs of spring with this scavenger hunt. This is a fun activity you can do with family members or have a virtual “race” with colleagues, all while keeping a safe distance from others. [Download the scavenger hunt here](#). When you're done, report it in Virgin Pulse to earn your points.
- **Social scavenger hunt: worth 50 points**
Stay connected with colleagues, friends, and family by completing virtual activities in the social scavenger hunt. [Download the scavenger hunt here](#). When you're done, report it in Virgin Pulse to earn your points.

Get active

- **Track your steps: worth 50 points**
Get outside and go for a walk, keeping a safe distance from others. Track at least 7,000 steps for 20 days in a month. Use Virgin Pulse to manually track your steps or sync your device for automatic tracking.
- **Exercise: worth 50 points**
Gyms may be closed, but you can still get a great workout from home. Go on a run, head out on a bike ride, or stream a workout video. Exercise 10 times in a month and report it in Virgin Pulse to earn points.

Find focus

- **Practice mindfulness: Worth 20 points**

Focus on your mental wellbeing using Whil in Virgin Pulse. The program can help you meditate, build emotional intelligence, and practice yoga. The five-minute courses can help bring mindfulness to your day. Complete 10 sessions to automatically earn points.

- **Improve sleep or reduce stress: worth 30 points**

Get online coaching through Journeys in Virgin Pulse. Every day, you will get tips that can help you build a healthy habit of your choice. Options include improving sleep, managing your stress, or finding focus. In less than 11 days you'll automatically earn points.

Eat better

- **Track your calories: worth 20 points**

Check-in on your eating habits by tracking your calories using the MyFitnessPal tool in Virgin Pulse. When you use the tool to track calories for 10 days in a month, you'll automatically earn points.

- **Healthy eating: worth 30 points**

Use Journeys in Virgin Pulse to focus on healthy eating. You'll get daily tips that will help you build a healthy eating habit of your choice, whether it's to eat more fruits or vegetables or eating smaller portions. In less than 11 days you'll automatically earn points.

Get started

To get started, log in to [Virgin Pulse](#). To access activities that are eligible for points, use the Reward tab along the top and select "How to Earn." You will also use this section if you need to manually report an activity.

Want more? Discover other healthy programs in Virgin Pulse under the "Programs" tab. Not all these programs are eligible for a reward but are great resources to support your overall health and wellbeing.

[Learn more about our wellbeing program and reward.](#)