Participate in well-being activities to earn points.
Collect 300 points by Oct. 31, 2021, log them in Virgin Pulse, and we'll pay the first $70 of your deductible in 2022!

Get set up in Virgin Pulse. Log in to complete activities, track progress and get other health tips.

Pick multiple activities. You’ll need to complete at least two activities to reach 300 points. Activities can only be completed once, unless otherwise indicated.

Tracking points. Virgin Pulse automatically tracks points when you complete activities on their site. Manually report other activities in Virgin Pulse under the Home tab.

COVID-19 vaccine
200 points
Get your COVID-19 vaccination(s). When you’re done, report it in Virgin Pulse.

Health coaching
25 points
Get online health coaching with Virgin Pulse’s Journey program. Get tips to help you meet your health goals, whether it’s to save money or snack better.

Diabetes support
25 points
Use the Omada program to complete all three program milestones in a week: weigh-in/glucose monitoring, meal tracking and a lesson.

Mindfulness
25 points
Practice mindfulness with Virgin Pulse’s Whil program. Complete 10 sessions in a month to help reduce stress, build resilience and help improve sleep.

Well-being webinar
25 points
Attend a SEGIP well-being webinar on a wide range of topics. Register on the SEGIP webpage and report your attendance in Virgin Pulse.

Track calories
25 points
Use Virgin Pulse’s MyFitnessPal tool to track your calories 10 days in a month.

Track your steps
25 points
Track 7,000 steps for 20 days in a month. Sync your device to Virgin Pulse to automatically track or manually enter your steps.

Exercise
50 points
Exercise 10 times in a month. When you’re done, report it in Virgin Pulse.

Well-being event
50 points
Participate in a well-being event, such as a community 5K walk or agency wellbeing event. Report in Virgin Pulse.

Preventive care
75 points
Get your annual physical, teeth cleaning, eye check, hearing check, immunization or another type of preventive care. Report your visit in Virgin Pulse.

Flu shot
100 points
Get your annual flu vaccine. When you’re done, report it in Virgin Pulse.

Health assessment
100 points
Complete your health assessment in Virgin Pulse to learn more about your well-being.

Well-being challenge
100 points
Participate in our statewide well-being challenge in late summer to automatically earn points.

Learn more at mn.gov/mmb/segip