

Earn 300 well-being points to get \$70 off your 2023 deductible



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.

Track your points.

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

Collect 300 points by Oct. 31, 2022, log them in Virgin Pulse, and we'll pay the first \$70 of your deductible in 2023!

200 points COVID-19 vaccine *(can complete one time)*

Get your first-time COVID-19 vaccination(s). When you're done, report it in Virgin Pulse.

75 points Recommended care *(can complete two times)*

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

25 points Diabetes support *(can complete six times)*

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

100 points COVID-19 booster *(can complete two times)*

Get your COVID-19 booster vaccination. When you're done, report it in Virgin Pulse.

50 points Exercise *(can complete four times)*

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

25 points Track calories *(can complete four times)*

Use **Virgin Pulse's MyFitnessPal** tool to track your calories 10 days in a month.

100 points Flu shot *(can complete one time)*

Get your annual flu vaccine. When you're done, report it in Virgin Pulse.

50 points Well-being event *(can complete four times)*

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

25 points Well-being webinar *(can complete four times)*

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

100 points Health assessment *(can complete one time)*

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

50 points Mindfulness *(can complete one time)*

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

25 points Track your steps *(can complete four times)*

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

100 points Well-being challenge *(can complete two times)*

Participate in our statewide well-being challenge to automatically earn points.

50 points Online health coaching *(can complete one time)*

Get 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.