

REWARDS

The more you do, the more you earn.

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 **\$35** in **Healthy Lifestyle Premium Discount!**

What you can earn each program year:

Premium Discount 1: Certify Tobacco Free = \$20 Premium Discount

	Level 1 >	Level 2 >	Level 3 >	Level 4	Total rewards for the year:
Points:	15,000	30,000	45,000	70,000	
Premium Discount 2:	\$5	\$5	\$5	1 Entry	\$15 + 1 Entry

Premium Discount Annual Max = \$15 + 1 prize entry for 1/10 \$100 gift cards

See examples of ways to earn points on the next page >

Highlighted ways to earn points:

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	500
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check survey	500
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
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a Whil session	20
	Browse healthy recipes	10
	Complete a step in Journeys®	20
Monthly	Win the promoted Healthy Habit Challenge	200
	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Join the company challenge	100
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Invite a colleague to join	50

Who's eligible:

Employees enrolled in Pima County's medical plan are eligible to participate in the wellbeing program and earn rewards.

Not a member yet? Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/PimaCounty.

