

Rewards

The more you do, the more you earn.

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.



Do
Healthy Things



Earn
Points



Celebrate
Success

What you can earn each quarter:

	 Level 1	 Level 2	 Level 3	 Level 4	 Total Keep going!
Rewards	\$15	\$25	\$35	\$50	\$125
Points	500	5,000	12,000	18,000	35,500

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How to use PulseCash:



Visit the store.



Donate it.



Get a gift card.



Contribute to
your bank account.

Ways to earn points:

	Do healthy things		Earn points
Daily	Upload steps from your activity tracker (Max Buzz, Fitbit, Virgin Pulse Mobile App)	per 1,000 steps	10
	Do your daily cards		20
	Track your Healthy Habits		10
Monthly	Achieve the promoted Healthy Habit for 5 of 7 days		200
	Take 7,000 steps	20 days	400
	Take self-entered measurements		50
Quarterly	Join the company challenge		100
	Choose your eating type		250
	Choose your sleep profile		250
Yearly	Preventative Care Visit		1,000
	Tobacco-Free Agreement		250
	Complete the Health Assessment		1,000

For more ways to earn, visit **How to Earn** under the Rewards tab on the site — or **Program Details** on the mobile app.

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