



**Earn up to
\$500
per year!**

Rewards

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 **\$500** in Pulse Cash in 2024.

Below are just a few ways to earn big:

Complete by December 31, 2024	Complete 3 preventive care activities	\$150
	Complete the MVH Health Check survey	\$75
	Set a wellbeing goal	\$100
	Attend a virtual EAP session	\$25
	Complete 8 hours of community service or volunteer work	\$25

In addition to the \$500 you can earn, participate in more healthy activities throughout the year to earn points and watch your additional Pulse Cash for 2024 add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	2,000	18,000	30,000	55,000	
Pulse Cash	\$15	\$25	\$40	\$50	\$130

Ways to earn:

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	First login to mobile app	250
	Connect first activity device	200
	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
Daily	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes	10
	Complete a step in Journeys®	20
	Win the promoted Healthy Habit Challenge	200
	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
Monthly	★ Track sleep 10 days in a month	100
	★ Monthly Milestone: 20 days in a month tracking 7,000 daily steps or 15 activity minutes in a day	400
	Take validated measurements	250
	Join the company challenge	100
	Choose your eating type	250
Quarterly	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
	Yearly	Invite a colleague to join

★ Earn bonus points!

Want to reach Level 4? Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Who's eligible?

This document is for benefit-eligible employees.



Not a member yet?
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