



**Earn up to  
\$580  
per year!**

# Build a better you

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 \$580 in Pulse Cash.

## What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	1,000	5,000	12,000	20,000	
Rewards	\$50	\$15	\$50	\$30	\$145

**Pulse Cash annual max:** \$145 x 4 quarters = **\$580**

## Use your Pulse Cash:



Visit the store



Donate it



Get a gift card



Virgin Pulse is becoming **personify** HEALTH

Launching January 1, 2025

# 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	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete a biometric screening	1,000
	Complete the health assessment	1,000
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 RethinkCare session	20
	Browse healthy recipes	10
	Complete a step in Journeys®	15
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
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Set your interests	100
Yearly	Set a wellbeing goal	200
	Complete the Nicotine-Free Agreement	100
	Invite a colleague to join	50



Not a member yet?  
Get the mobile app or visit:  
[join.virginpulse.com/RSAwellness](https://join.virginpulse.com/RSAwellness)

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