



# 2022 WELLNESS PROGRAM

## BUILD A BETTER YOU

The Virgin Pulse wellbeing program helps you live better and achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

### Who can participate?

Energy Harbor full time employees and their eligible spouses/domestic partners who are enrolled in the medical plan are invited to sign in to [join.virginpulse.com/EnergyHarbor](https://join.virginpulse.com/EnergyHarbor). Up for a personal challenge? Once you're signed in, be sure to invite your coworkers to join in on the fun!

## HOW TO REGISTER

- New members: visit [join.virginpulse.com/EnergyHarbor](https://join.virginpulse.com/EnergyHarbor)
- Existing members: sign in at [member.virginpulse.com](https://member.virginpulse.com)
- Accept the terms and conditions
- Download the Virgin Pulse mobile app by searching "Virgin Pulse" in the App Store or Google Play



## PERSONALIZE YOUR EXPERIENCE

- Set your interests to get personalized wellbeing tips
- Choose your email preferences
- Connect an activity tracker
- Upload a profile picture and add friends

## GETTING STARTED

You're registered and signed in—now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

### Health Assessment

The Health Assessment asks questions about your current health status and wellbeing habits. Once completed, your responses will be analyzed to generate a health score, show your health risks and provide practical tips to help you improve. Complete the survey by visiting **Health Assessment** under the **Health** tab.

### Pillars and Topics

Looking to reduce stress, increase your energy throughout the day or find the motivation to continue progress toward your wellbeing goals? The Pillars and Topics section can point you in the right direction, providing quick access to many helpful tools and resources.

### Nutrition Guide

Maintaining healthy eating habits is easier when you have a little help. Access the Nutrition Guide and choose your eating profile. Tell us what you'd like to work on, like cutting out sweets or portion control, and we'll serve up plenty of healthy and delicious tips and recipes.

### Sleep Guide

Sleep affects nearly every aspect of your health, from your everyday performance and immune system to your ability to focus on other areas of your wellbeing. When you complete the Sleep Guide, you'll end up with a customized plan for improving the length and quality of your slumber, setting you up for success—day and night.



## EARNING INCENTIVES

Good health is its own reward. But that doesn't mean we're going to leave you empty-handed. Visit **Rewards** to see a list of all the ways you can earn points, and to view and redeem what you've earned. You have from January 1, 2022, through December 31, 2022, to earn rewards. Please note that certain activities may have different deadlines.

### Complete healthy activities to earn Pulse Cash in 2022:

Complete an Annual Physical	\$50
Complete a Biometric Screening	\$50
Complete the Health Check survey	\$50
<b>Total Pulse Cash</b>	<b>\$150</b>

### Complete activities to earn additional Pulse Cash

#### Employees

	Level 1 >	Level 2 >	Level 3 >	Level 4	Total additional rewards/ year
<b>Points</b>	7,000	25,000	40,000	60,000	
<b>Rewards</b>	\$50	\$75	\$150	\$175	<b>\$450</b>

#### Spouses/Qualifying Partners

	Level 1 >	Level 2 >	Level 3 >	Level 4	Total additional rewards/ year
<b>Points</b>	7,000	25,000	40,000	60,000	
<b>Rewards</b>	\$5	\$10	\$15	\$20	<b>\$50</b>

## ADDITIONAL ACTIVITIES

Prioritize and personalize your experience by engaging in resources to help improve your wellbeing:

**Daily Cards:** Get helpful tips that are relevant to your current interests and goals.

**Journeys®:** Make simple changes to improve your health, one step at a time.

**Coaching:** Talk to a professional clinician or health expert and get one-on-one support.

**Challenges:** Team up or go head to head to challenge your coworkers and track Healthy Habits.

**Social Groups:** Discuss your favorite hobbies and find a like-minded community to support your healthy changes.

**Healthy Habits:** Select Healthy Habits to work toward, and track your progress every day.

## FREQUENTLY ASKED QUESTIONS

### Is my health information confidential?

The Virgin Pulse wellbeing program is confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with Virgin Pulse will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

### Have questions? We're here to help.

- Check out [support.virginpulse.com](https://support.virginpulse.com)  
Live chat: Monday-Friday, 2 am-9 pm ET
- Give us a call: 888-671-9395  
Monday-Friday, 8 am-9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

### Not sure if you can fully participate in this program because of a disability or medical condition?

Visit [support.virginpulse.com](https://support.virginpulse.com) and check out the Medical Exceptions section under **My Account**.

