



**Earn rewards
this year!**

Build a better you

ENERGY HARBOR WELLNESS PROGRAM

The Energy Harbor wellness program helps you 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 join!

How to join

- Go to join.virginpulse.com/EnergyHarbor
- Accept the terms and conditions
- Download the Virgin Pulse mobile app from the App Store or Google Play



Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Personalize your experience

Go to the **More** tab and discover the many ways you can customize your wellbeing program. Connect your activity tracker or another wellbeing app and set your topics of interest to make your experience focus in on what matters to you most.

Complete the Health Check

The Health Check asks questions about your current health status and wellbeing habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your wellbeing. You'll find the survey under the **Health** tab.

Track your Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits** to change up the habits you try over time.



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Biometric screening

Get vital information about your overall health, including cholesterol, glucose, blood pressure and more. Complete your screening at a Quest Diagnostics® Patient Service Center or Labcorp facility, at an upcoming onsite event, or by visiting your physician and returning the completed Health Screening Form. Get more information on your **Benefits** page today.

Coaching

Looking for additional help? Try personal coaching for one-on-one support, practical guidance and answers to your questions. Connect with a coach to set goals, overcome obstacles and get constructive advice. Go to the **Health** tab and choose **Coaching** to get started.

Rewards

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, 2023, through December 31, 2023, to earn rewards. Please note that certain activities may have different deadlines.

For a full list of ways to earn, go to **Rewards > How to Earn**.

	Ways to earn	Points
Daily	Take 7,000 steps in a day	70
	Do your Daily Cards	20/card
	Track your Healthy Habits	10/habit
Monthly	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps (20 days during the month)	400
	Complete a coaching call	500
	Join the company challenge	100
	Track sleep 20 days in a month	200
Yearly	Take validated measurements	500
	Set a wellbeing goal	200
	Tobacco-Free Agreement	100
	Complete a Next-Steps Consult® appointment	500

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®: Try this digital coaching program to make simple changes to improve your health, one step at a time.

My Care Checklist: My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of health checkups, all in one place.

Challenges: Team up with others to create new habits with some healthy competition.

Nutrition Guide: Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide: What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Coworkers, friends and family: Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

Recipes: Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Social Groups: Getting healthier and learning something new is easier with friends. Join a group (or start your own) to stay motivated, chat with others and achieve goals together.

Shoutouts: Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature found under the **Social** tab.

Pillars: Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

More ways to earn points!

Complete activities to earn Pulse Cash in 2023:

Employees	Points	Pulse Cash
LEVEL 1	7,000	\$25
LEVEL 2	25,000	\$50
LEVEL 3	40,000	\$125
LEVEL 4	60,000	\$150
Total rewards		\$350

Spouses/ Domestic Partners	Points	Pulse Cash
LEVEL 1	7,000	\$5
LEVEL 2	25,000	\$10
LEVEL 3	40,000	\$15
LEVEL 4	60,000	\$20
Total rewards		\$50

Complete healthy activities to earn additional Pulse Cash:

Ways to earn	Rewards
Employees	
Complete an Annual Physical	\$100
Complete a Biometric Screening	\$100
Complete the Health Assessment survey	\$50
Total:	\$250
Spouses/Domestic Partners	
Complete an Annual Physical	\$50
Complete a Biometric Screening	\$50
Complete the Health Assessment survey	\$50
Total:	\$150

Have questions? We're here to help.

- Check out 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

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.

Learn more [here](#).