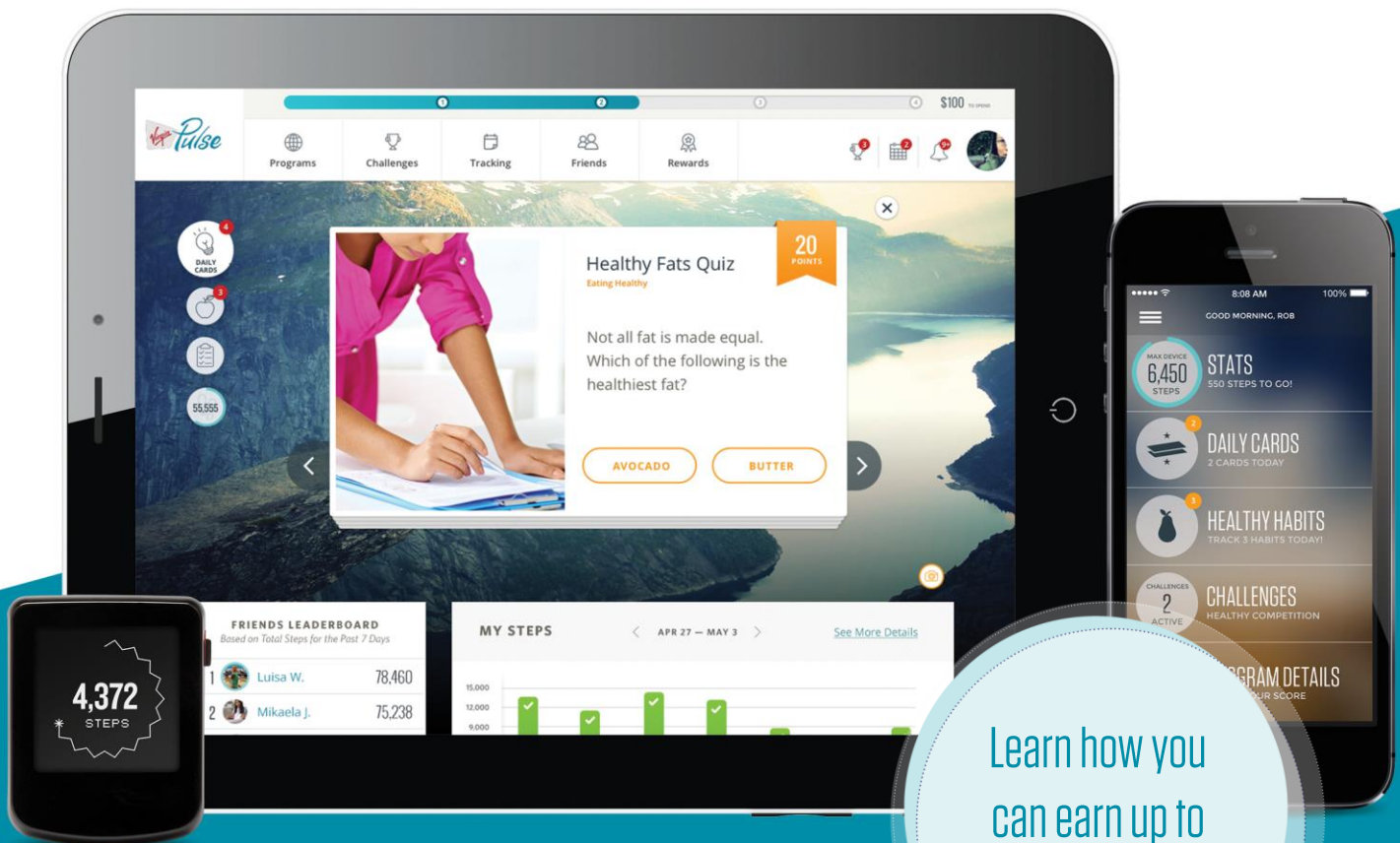


# IT'S YOUR TIME TO THRIVE.

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded.



Learn how you can earn up to **\$500 annually!**

## What You'll Do

- ➔ Register for your Virgin Pulse account.
- ➔ Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!
- ➔ Check in by taking health measurements like weight and blood pressure.
- ➔ Take part in challenges with friends, discover healthy tips, and more.
- ➔ Get rewards for the healthy things you do!

# Your rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards!



	Level 1	Level 2	Level 3	Level 4
POINTS EARNED	3,000	7,000	11,000	16,000
REWARDS	\$15	\$25	\$35	\$50

## How to Earn Points

<b>Activity</b> Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile App)	DAILY (up to 140 Points/day)	Per 1,000 steps 15 or more active minutes 30 or more active minutes 45 or more active minutes	10 Points 70 Points 100 Points 140 Points
	MONTHLY	Take 7,000 steps 20 days in a month Take 10,000 steps 20 days in a month	400 Points 500 Points
<b>Measurements</b> Self-entered measurements	MONTHLY (2x PER MONTH)	Enter your measurements (weight and/or blood pressure)	20 Points
<b>Self Tracking</b> Track Healthy Habits and various activities	DAILY (up to 30 Points/day)	1 entry	10 Points
	MONTHLY	10 days of healthy habit tracking 20 days of healthy habit tracking	200 Points 300 Points
<b>Cards</b> Complete	DAILY	Complete card (2/day)	20 Points
	MONTHLY	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 Points 200 Points
<b>Challenges</b>	MONTHLY	Create a personal challenge	50 Points
		Join a personal challenge	100 Points
		Achieve the promoted Healthy Habit for 5 of 7 days	200 Points
<b>More!</b>	ONE-TIME	Registration	250 Points
		Connect activity device	250 Points
		Add a profile picture	250 Points
		Tobacco Free Agreement	100 Points
	ANNUALLY	Set a wellbeing goal	200 Points
	QUARTERLY	Set interests	400 Points



**Sign up now at** [join.virginpulse.com/cityofsanantonio](http://join.virginpulse.com/cityofsanantonio)

Already a member? Login at [member.virginpulse.com](http://member.virginpulse.com)

**Questions?** Contact Member Services at 888-671-9395



City of San Antonio Employee Wellness Program