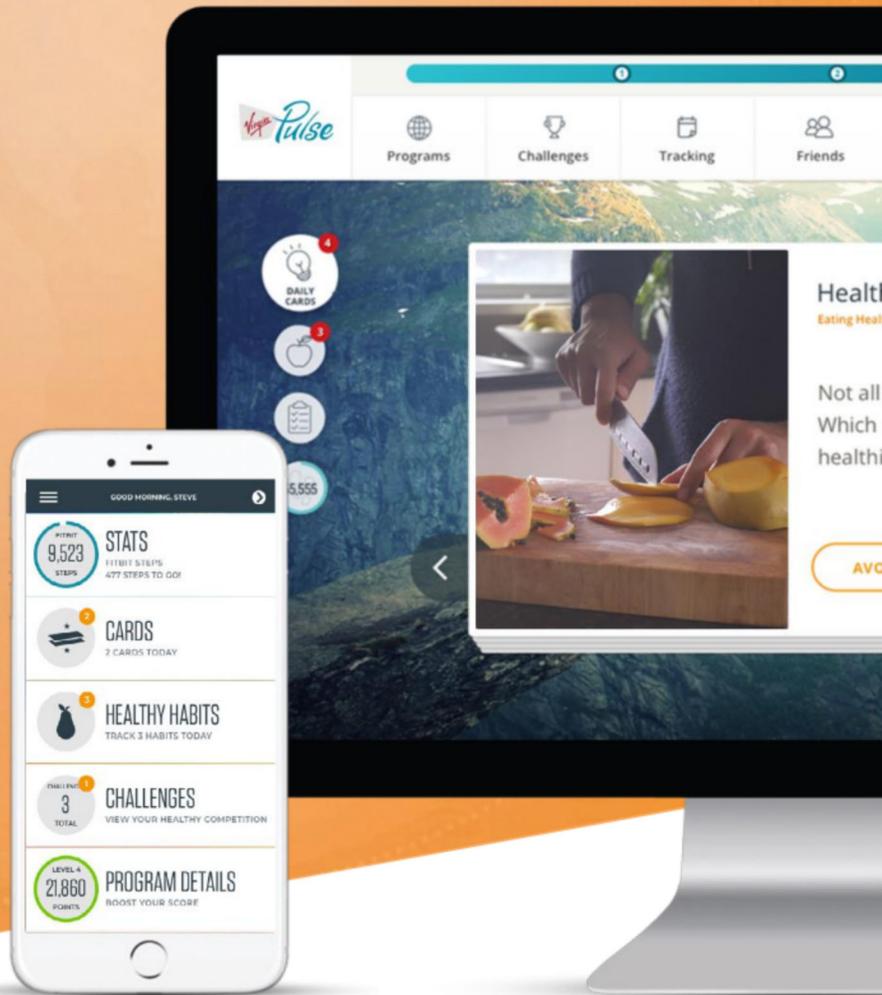


Build a better you

The Virgin Pulse program gives you the tools to get active, get healthy, and live better every day.



Here's how to get started:

- 1 Activate your Virgin Pulse account at join.virginpulse.com/LANL (Already registered? Log in at member.virginpulse.com)
- 2 Download the Virgin Pulse mobile app for iOS or Android. The first time you log in, you'll earn bonus points.
- 3 Connect an activity tracker to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (LANL GoZone, Max, Fitbit, etc.)
- 4 Upload a profile picture and add friends.
- 5 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.
- 6 Complete the NEW Annual Health Assessment Questionnaire and get rewards:

PPO		HDHP	
Primary Insured	Eligible Spouse or Domestic Partner	Primary Insured	Eligible Spouse or Domestic Partner
\$100	\$100	\$250	\$250

Have Questions?

Send us an email: lanl.support@virginpulse.com

Give us a call:
 (888) 610-1183
 Monday-Friday
 8:00am-9:00pm EST

Check out support.virginpulse.com
 Live chat: support.virginpulse.com
 Monday-Friday 2:00am-9:00pm EST

- 7 Complete Program Activities (next page) & earn even more!



Earn rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Up to \$100 HCA deposit for PPO and \$250 HSA deposit for HDHP. Here's how to make progress through the levels in 2020. Program eligibility is for the Primary insured in LANL health plan and spouse or same-sex domestic partner who is covered as a dependent of the Primary insured.

Physical Activity	LANL GoZone pedometer or other supported devices and apps	Daily	10 points for every 1,000 steps (140 points max per day)
Learning	Personalized content to learn and explore various health and wellbeing topics	Daily	20 points each (40 points max per day)
Habits	Form, maintain, and track healthy habits	Daily	10 points each (30 points max per day)
Mental Wellbeing and Resiliency 	Train your brain to be mindful and stress less with Whil	Daily	20 points for completing a session
		Weekly	50 points for completing a program
Nutrition  	Plan and track what you eat with Zipongo and MyFitnessPal	Daily	20 points for logging food (MyFitnessPal) 10 points for browsing healthy recipes (Zipongo)
		Quarterly	250 points for choosing your eating type
Employee Activities 	Get involved at LANL	Weekly	100-250 points for attending classes and events, visit occhealth.lanl.gov
		Quarterly	250 points for Health and Safety Behavior Rewards
Journeys	Online digital coaching programs for popular health goals	1x daily 3x per quarter	20 points for completing a step 50 points for completing a stage 150 points for completing a Journey

For more ways to earn, visit **How to Earn** under the **Rewards** tab on the site — or **Program Details** on the mobile app.

	Level 1	Level 2	Level 3	Level 4
Points	2,000	4,000	6,000	10,000
PPO Q1 – Q2 Rewards	\$5	\$5	\$5	\$10
HDHP Q1 – Q3 Rewards	\$10	\$10	\$15	\$25
HDHP Q4 Rewards	\$10	\$15	\$20	\$25



PPO (employee and spouse/domestic partner): Deposited into a Health Care Account (HCA) with BCBSNM
HDHP (employee and spouse/domestic partner): Deposited into Primary Insured's Health Savings Account

Sign up now at join.virginpulse.com/LANL
 Already registered? Log in at member.virginpulse.com

