**Reaching Your Be in the Know Goals**

There’s something for everyone.

*Be in the Know* and Virgin Pulse can help you focus on your health and well-being, work toward personal goals, and connect with colleagues, plus earn rewards along the way.

= Bonus points, for healthy things you do every day!

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### GOAL: Physical Activity

#### Monthly Points Earned

**Preventative Health Activities**

- Get the COVID-19 vaccine = 400 points/year
- Take HR Express Event: 1/month = 12/year
- Take 2 Registered Community Physical Activity Events = 600 points/year

**Penn Wellness Activities**

- Take HR Wellness Event: 1/month = 12/year
- Take HR Express Wellness Event: 1/month = 12/year
- Complete 2 Daily Cards in a month
- Complete 1 Journey

**Physical Activity/Steps (Virgin Pulse—connected device)**

- Take 7000 steps/day, 20 days in a month
- Win the Promoted Healthy Habit Challenge each month
- Join/track/reach final destination all 4 Penn Challenges = 5,200 pts

**Daily Cards (Virgin Pulse)**

- Complete 2 Daily Cards, 30 days in a month
- Complete 20 Daily Cards in a month

**Healthy Habit Tracking (Virgin Pulse)**

- Track 1 Healthy Habit, 30 days in a month
- Track Healthy Habits, 20 days in a month

**Monthly Total**

3,316

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### GOAL: Emotional Well-being

#### Monthly Points Earned

**Penn Wellness Activities**

- Take HR Express Event: 1/month = 12/year
- Complete HR Mindfulness Series = 1,200 points/year
- Complete HR Work-Happiness Method = 1,500 points/year
- Complete 3 Nutrition Counseling sessions with Corporate Wellness Nutrition = 750 points/year
- Complete 3 Whil sessions, 10 days/month
- Complete Whil programs: 2/month = 24 programs/year
- Complete 20 Whil sessions each month
- Complete a Journeys step 20 days each month

**Journeys® (Virgin Pulse)**

- Complete a Journeys step 20 days each month
- Complete 1 Journey

**Challenges (Virgin Pulse)**

- Win the Promoted Healthy Habit Challenge each month
- Join/track/reach final destination all 4 Penn Challenges = 5,200 pts

**Daily Cards (Virgin Pulse)**

- Complete 2 Daily Cards, 30 days in a month
- Complete 20 Daily Cards in a month

**Healthy Habit Tracking (Virgin Pulse)**

- Track 1 Healthy Habit, 30 days in a month
- Track Healthy Habits, 20 days in a month

**Monthly Total**

2,915

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### GOAL: Preventative Health + Penn Wellness Activities

#### Monthly Points Earned

**Preventative Health Activities**

- Get a biometric screening = 5,000 points/year
- Get a flu shot + COVID-19 vaccine = 600 points/year
- Complete 1 preventative health screening each month

**Penn Wellness Activities**

- Take HR Wellness Event: 1/month = 12/year
- Take HR Express Wellness Event: 1/month = 12/year
- Complete 1 preventative health screening each month

**Physical Activity/Manual Workouts (Virgin Pulse) — no device**

- Manual workout (45 min/5 days/48 weeks) via Healthy Habit tracker
- Complete 7,000 steps/day, 20 days in a month
- Win the Promoted Healthy Habit Challenge each month

**Daily Cards (Virgin Pulse)**

- Complete 2 Daily Cards, 30 days in a month
- Complete 20 Daily Cards in a month

**Challenges (Virgin Pulse)**

- Win the Promoted Healthy Habit Challenge each month
- Join/track/reach final destination all 4 Penn Challenges = 5,200 pts

**Nutrition Tracking (Virgin Pulse)**

- Browse healthy recipes + add to grocery list
- Daily calorie tracking 20 days each month
- Track calories 20 days each month

**Sleep Tracking (Virgin Pulse) — connected device**

- Sleep >7 hours in a night, 20 days/month
- Track sleep 20 days each month

**Monthly Total**

2,707

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Do you want to reach Level 3 rewards and earn $300?

Here are a few examples of how you can do it, by completing certain activities each month.

- **30,000 total points = Earn 2,500 points per month.**

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* Upon completing these activities, you will receive the lump sum of total points/year indicated. The monthly points total only serves to illustrate how this lump sum would break down into a monthly amount.

**Penn Healthy You**

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