

WAYS TO EARN, 2022-2023

After completing a Biometric Screening for your first \$50 reward, earn up to another \$250 in *Be in the Know* rewards with an array of “Ways to Earn” wellness activities, for a maximum of \$300, plus VIP recognition! From completing the Health Check (online health assessment) to Bonus Actions – choose from over 90 activities to earn points towards reward levels! Focus on well-being areas that mean the most to you, earning points for daily activities, as well as longer achievement.

HEALTH CHECK	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete the Health Check (optional activity for 2022-2023)	1/year	1,000 points	Virgin Pulse issues credit
PREVENTATIVE HEALTH ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Receive a Flu Vaccine	1/year	200 points	Submit Attestation Form
Receive a COVID-19 Vaccine or Booster (between 7/1/22 - 6/30/23)	1/year	200 points	Submit Attestation Form
Receive a Bi-Annual Dental Cleaning/Exam	2/year	100 points each	Submit Attestation Form
Receive an Annual Eye Exam	1/year	100 points	Submit Attestation Form
Receive an Annual Dermatology Skin Exam	1/year	200 points	Submit Attestation Form
Receive a Dexascan/Bone Density Screening	1/year	200 points	Submit Attestation Form
Receive an Annual Gynecological Exam	1/year	200 points	Submit Attestation Form
Receive an Annual Physical	1/year	400 point	Submit Attestation Form
Receive a Mammogram	1/year	600 points	Submit Attestation Form
Receive a Colorectal Cancer Screening/Colonoscopy	1/year	1000 points	Submit Attestation Form
PENN WELLNESS ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Penn HR Wellness Event	12/year	200 points each	HR sends attendance credit
Complete a Penn HR Express Wellness Event	12/year	50 points each	HR sends attendance credit
Complete a Penn HR Financial Wellness Event	12/year	200 points each	HR sends attendance credit
Complete a Penn HR 4-Session Mindfulness Course	1/year	800 points	HR sends attendance credit
Complete a Penn HR 5-Session Work-Happiness Method Series	1/year	1000 points	HR sends attendance credit
Complete a Penn HR 6-Session Resilience and Well-Being Series	1/year	1200 points	HR sends attendance credit
Participate in a Penn Comprehensive Smoking Treatment Program	1/year	1500 points	Submit Attestation Form
Complete a Nutrition Counseling Session with Corporate Wellness Nutrition	6/year	250 points each	CWN sends credit (once/month)
Complete a Nutrition Counseling Session with Other Qualifying Providers	6/year	150 points each	Submit Attestation Form
Biometric Screening Family Participant Bonus	1/year	250 points	Submit Attestation Form
Participate in a Registered Community Physical Activity Event	2/year	300 points each	Submit Attestation Form
Bike to Work (complete 40 days, up to 3 x per year)	3/year	750 points each	Submit Attestation Form
VIRGIN PULSE: GENERAL ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Set your interests	1/quarter	100 points each	Virgin Pulse issues credit
Complete nicotine-free agreement	1/year	100 points	Virgin Pulse issues credit
Set a well-being goal	1/year	200 points	Virgin Pulse issues credit
Invite a colleague to join	5/year	50 points each	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: Complete registration	Once ever	100 points	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: Add a profile picture	Once ever	100 points	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: First login to mobile app	Once ever	250 points	Virgin Pulse issues credit
NEWLY ENROLLED ONLY: Add 5 friends	Once ever	250 points	Virgin Pulse issues credit
VIRGIN PULSE: WHIL EMOTIONAL WELL-BEING COURSES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Whil session	2/day	10 points each	Virgin Pulse issues credit
Complete a Whil program (“course”)	1/week	150 points each	Virgin Pulse issues credit
Complete 20 Whil sessions in a month	1/month	100 points each	Virgin Pulse issues credit
VIRGIN PULSE: HEALTH COACHING	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Health Coaching session	6/year	250 points each	Virgin Pulse issues credit

VIRGIN PULSE: PHYSICAL ACTIVITY	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Take 1,000 steps in a day (validated device only)	1/day	5 points each	Virgin Pulse issues credit: Maximum daily earning potential for steps or active/workout minutes is 100 points. System automatically uses highest value (steps, active minutes, OR workout minutes) completed in a day. <i>*Steps, active, and workout minutes must be validated from a device (Fitbit, Garmin, Apple watch, etc.) Manually added data won't combine with validated data – system will automatically value each separately and reward you with highest value for the day.</i>
Take 2,000 steps in a day (validated device only)		10 points each	
Take 3,000 steps in a day (validated device only)		15 points each	
Take 4,000 steps in a day (validated device only)		20 points each	
Take 5,000 steps in a day (validated device only)		25 points each	
Take 6,000 steps in a day (validated device only)		30 points each	
Take 7,000 steps in a day (validated device only)		35 points each	
Take 8,000 steps in a day (validated device only)		40 points each	
Take 9,000 steps in a day (validated device only)		50 points each	
Take 10,000 steps in a day (validated device only)		60 points each	
Take 11,000 steps in a day (validated device only)		70 points each	
Take 12,000 steps in a day (validated device only)		80 points each	
Take 13,000 steps in a day (validated device only)		90 points each	
Take 14,000 steps in a day (validated device only)		100 points each	
Workout for 15 minutes in a day (validated device only)	1/day	15 points each	
Workout for 30 minutes in a day (validated device only)		40 points each	
Workout for 45 minutes in a day (validated device only)		100 points each	
Reach 15 Active Minutes in a day (validated device only)	1/day	15 points each	
Reach 30 Active Minutes in a day (validated device only)		40 points each	
Reach 45 Active Minutes in a day (validated device only)		100 points each	
Manual Workout Reward for 30-59 minutes	1/day	10 points each	Virgin Pulse issues credit: No device needed, enter activity manually via healthy habit tracker.
Manual Workout Reward for 60-89 minutes		30 points each	
Manual Workout Reward for >= 90 minutes		50 points each	
Connect first activity device	Once ever	200 points	Virgin Pulse issues credit
VIRGIN PULSE: ALL CHALLENGES (Personal, Penn, PHHCs, 30x30)	LIMIT	POINT VALUE	HOW TO EARN CREDIT
PERSONAL CHALLENGES: Create the challenge	1/quarter	100 points each	Virgin Pulse issues credit
PERSONAL CHALLENGES: Join the challenge	1/quarter	100 points each	
PENN CHALLENGES: Join the challenge	1/quarter	100 points each	Virgin Pulse issues credit
PENN CHALLENGES: Track at least once/week, for all weeks of the challenge	1/quarter	200 points each	
PENN CHALLENGES: Create, Recruit, and Fill your team	1/quarter	200 points each	Virgin Pulse issues credit
PENN CHALLENGES: Unlock a destination	1/destination/ challenge	25 points each	Virgin Pulse issues credit
PENN CHALLENGES: Reach final destination	1/quarter	1000 points each	
PENN CHALLENGES: Reach final challenge stage	1/quarter	1000 points each	Virgin Pulse issues credit
PENN CHALLENGES: Reach 10% of your challenge goal	1/quarter	50 points each	Virgin Pulse issues credit (Points awarded when participants reach each percentage level of their goal = cumulative reward of 1000 points possible.)
PENN CHALLENGES: Reach 25% of your challenge goal	1/quarter	50 points each	
PENN CHALLENGES: Reach 50% of your challenge goal	1/quarter	150 points each	
PENN CHALLENGES: Reach 75% of your challenge goal	1/quarter	150 points each	
PENN CHALLENGES: Reach 100% of your challenge goal	1/quarter	300 points each	
PENN CHALLENGES: Reach 110% of your challenge goal	1/quarter	300 points each	
Monthly Promoted Healthy Habit Challenges (PHHCs): Win the challenge	1/month	200 points each	Virgin Pulse issues credit
Penn Sustainability 30x30 Outdoor Challenge (April 2022): Complete the challenge	1/year	750 points	Virgin Pulse issues credit

VIRGIN PULSE: JOURNEYS	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Complete a Journey step	1/day	10 points each	Virgin Pulse issues credit
Complete a whole Journey	3/quarter	250 points each	Virgin Pulse issues credit
VIRGIN PULSE: NUTRITION ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Daily calorie tracking	1/day	20 points each	Via MyFitnessPal
Track calories 20 days in a month	1/month	300 points each	Via MyFitnessPal
Browse healthy recipes	1/day	10 points each	Virgin Pulse/Nutrition Guide
Add a recipe to grocery list	1/week	10 points each	Virgin Pulse/Nutrition Guide
Choose your eating type	1/quarter	250 points each	Virgin Pulse/Nutrition Guide
Connect calorie tracker	Once ever	100 points	Via MyFitnessPal
VIRGIN PULSE: SLEEP ACTIVITIES	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Track sleep nightly (validated device only)	1/day	5 points each	Virgin Pulse issues credit
Sleep >7 hours in a night (validated device only)	1/day	10 points each	Virgin Pulse issues credit
Track sleep 20 days in a month (validated device only)	1/month	100 points each	Virgin Pulse issues credit
Track sleep manually	1/day	5 points each	Virgin Pulse issues credit
Choose your sleep profile	1/quarter	100 points each	Virgin Pulse/Sleep Guide
VIRGIN PULSE: TRACKING HEALTHY HABITS	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Track Your Healthy Habits	1/day	10 points each	Virgin Pulse issues credit
Track Healthy Habits 20 days in a month	1/month	100 points each	Virgin Pulse issues credit
1 st time tracking Healthy Habits 5 days in a month	Once ever	100 points	Virgin Pulse issues credit
VIRGIN PULSE: DAILY CARDS	LIMIT	POINT VALUE	HOW TO EARN CREDIT
Do your daily cards	2/day	5 points each	Virgin Pulse issues credit
Complete 20 daily cards in a month	1/month	100 points each	Virgin Pulse issues credit