About the 2022 MUS Wellness Incentive Program

We’ll help you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. When you stick to our program, you’ll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What’s in it for you:
• Earn up to $40 in Pulse Cash per quarter.
• Complete a MUS WellCheck and earn an additional $35 in Pulse Cash.*
• Access personalized tools and support to meet your wellbeing goals.

Who’s eligible:
All MUS Employees/Retirees and their spouses enrolled in the Medical Plan are eligible to participate in the Wellness Incentive Program and earn rewards.

Have questions? We’re here to help.
Check out support.virginpulse.com
Send us an email: support@virginpulse.com
Live chat on member.virginpulse.com | Monday–Friday, 2 am–9 pm ET
Give us a call: 888-671-9395 | Monday–Friday, 8 am–9 pm ET

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at support.virginpulse.com.

*Available to non-Medicare enrollees only.
Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life’s ups and downs—every day!

**Daily Cards**
Every day we’ll send you two new tips to help you live well. Plus, we’ll make sure they’re about the areas that interest you the most.

**Challenges**
Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

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

**Journeys**
Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

**Whil Mindfulness**
Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

**Social Groups**
Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

---

**How to get started**

**Step 1**
Sign up for your Virgin Pulse account by going to join.virginpulse.com/muswell. Already a member? Sign in at member.virginpulse.com.

**Step 2**
Accept the terms and conditions, and choose your email preferences to get the latest tips and information.

**Step 3**
Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

**Step 4**
Upload a profile picture and add some friends.

**Step 5**
Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

**Step 6**
Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime.

---

**Rewards**

1. **Complete a MUS WellCheck** and receive a $35 Pulse Cash reward in 2022.

2. **You can participate in additional healthy activities** to earn points and watch your additional Pulse Cash for 2022 add up.

<table>
<thead>
<tr>
<th></th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Additional rewards max for the year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points</td>
<td>1,000</td>
<td>5,000</td>
<td>12,000</td>
<td>20,000</td>
<td>$40</td>
</tr>
<tr>
<td>Rewards</td>
<td>$10</td>
<td>$10</td>
<td>$10</td>
<td>$10</td>
<td>$160</td>
</tr>
</tbody>
</table>

Annual incentive total: $160 x 4-quarters = $640

**How to earn**

<table>
<thead>
<tr>
<th>Do healthy things</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete registration</td>
<td>100</td>
</tr>
<tr>
<td>First login to mobile app</td>
<td>250</td>
</tr>
<tr>
<td>Connect first activity device</td>
<td>200</td>
</tr>
<tr>
<td>Upload steps from your activity tracker (per 1,000 steps)</td>
<td>10</td>
</tr>
<tr>
<td>Do your Daily Cards (2 per day)</td>
<td>20</td>
</tr>
<tr>
<td>Track your Healthy Habits (1 per day)</td>
<td>10</td>
</tr>
<tr>
<td>Complete a step in Journeys**</td>
<td>20</td>
</tr>
<tr>
<td>20-Day Triple Tracker</td>
<td>400</td>
</tr>
<tr>
<td>Track Healthy Habits 20 days in a month</td>
<td>300</td>
</tr>
<tr>
<td>Set a wellbeing goal</td>
<td>200</td>
</tr>
<tr>
<td>Complete the Nicotine-Free Agreement</td>
<td>100</td>
</tr>
</tbody>
</table>

Annual incentive total: $160 x 4-quarters = $640

---

**Level 1**

**Level 2**

**Level 3**

**Level 4**

**Additional rewards max for the year**

---

**Additional rewards max for the quarter**

---

**How to Earn**

Get to Level 4 faster by completing bonus activities like these.

---

*Available to non-Medicare enrollees only.