

## Wellness Credits through Virgin Pulse



January 1 – December 31

\$150 Pulse Cash Incentive for Wellness Credits

	Action	HealthFlex Wellness Credits Per Action	Frequency Allowed	Maximum Credits
Do Anytime	Complete a Virgin Pulse coaching call	25	6 times	150
	Submit a Success Story through Virgin Pulse	20	Once	20
	Have your Success Story selected	20	Once	20
	View a Success Story	5	Once per quarter	20
	Complete a Journey Step	5	3 times	15
	Complete a Journey	15	3 times	45
	Adopt a new spiritual practice for 1 month	15	Once	15
	Increase contribution to United Methodist Personal Investment Plan (UMPIP) by 1%	15	Once	15
	Complete the EY Financial Confidence Check-up	25	Once	25
	Register or log into Benefits Access	25	Once	25
	Update, change beneficiary or contact information in Benefits Access	25	Once	25
	Meet with an EY Financial Planner for at least 5 minutes	25	Once	25
	Register on EY Navigate	25	Once	25
	Complete Saving Grace Curriculum	20	Once	20
Get Rewarded for Being Well	Health Measures Rewards Meet American Heart Association (AHA) guidelines on seven 2022 Blueprint for Wellness measures or improve on 2021 Blueprint for Wellness results	7 possible rewards for 20 points each	Once	140
	Omada Health participation	150	Once	150
	Diabetes Prevention Program (DDP) participation	150	Once	150
	Completion of Health Check by August 31, 2022	35	Once	35
	Access the Employee Assistance Program (EAP) for emotional counseling	15	Once	15
	Access the EAP for Work/Life Services	15	Once	15
Total needed to earn \$150 Pulse Cash: <b>150 Wellness Credits</b>				