

# LIVE BETTER EVERY DAY.



Take what matters most to you...add games, rewards, challenges, friends...wrap it up in the latest technology... and say hello to Virgin Pulse! Take a look at your 2016 Virgin Pulse program!

## STEP 1: Complete Health Assessment Questionnaire & Get

PPO		HDHP	
Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner	Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner
\$100	\$100	\$250	\$250
<i>Deposited into a Health Care Account (HCA) with BCBSNM</i>		<i>Deposited into Primary Insured's Health Savings Account</i>	

Reward for completing the Health Assessment Questionnaire is usually available the month after completion

## STEP 2: Complete Program Activities & Get Rewards

1. Your GoZone measures your daily activity in steps. Wear it clipped to your waistband or pocket for the most accurate results. It's easy, quick and helps you earn rewards.

2. Participate in healthy activities – competitions, challenges, promotions, contests, health and safety classes, nutrition, etc.. – and log it into your *Member Site* online tracking center.

3. Monitor your progress and watch your Points and Rewards add up.

PPO		HDHP	
Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner	Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner
up to \$100	up to \$100	up to \$250	up to \$250
<i>Deposited in January 2017 to a Health Care Account (HCA) with BCBSNM</i>		<i>Deposited in January 2017 to Primary Insured Health Savings Account</i>	

Rewards accumulated in 2016 become available in January 2017

Existing members: Want to learn more? Visit [member.virginpulse.com/LANL](http://member.virginpulse.com/LANL)

Interested and want to join? Visit [join.virginpulse.com/LANL](http://join.virginpulse.com/LANL)

# How to Earn Points

Make healthy decisions every day! The more you make, the more you earn. Check out just some of the ways you can earn:

<b>Physical Activity:</b> The more you move, the more you earn! You can earn up to 140 Points daily with steps or Active Minutes, whichever you have more of.	10 Points daily for every 1,000 steps (up to 14,000/day max) 70 Points daily for 15 or more Active Minutes 100 Points daily for 30 or more Active Minutes 140 Points daily for 45 or more Active Minutes
<b>Nutrition:</b> Track your healthy eating habits through MyFitnessPal and earn more Points!	100 Points by signing up for MyFitnessPal 250 Points per quarter for choosing a Nutrition profile 20 Points for daily calorie tracking
<b>NEW! Learning:</b> Complete Daily Cards based on your set interests	20 Points per day for each Daily Card (up to 2 max)
<b>NEW! Habits:</b> Track a variety of Healthy Habits to keep tabs on the things that matter to you	10 Points per day for each Health Habit you track (up to 3 max)
<b>Know Your Numbers:</b> Track your BMI & blood pressure at a Healthy Heart Station and self-enter on your Member Site. <b>Know Your Number – Results:</b> Earn Points for each ideal/improved measurement (BMI & blood pressure).	250 Points a month self-entry 100 Points for optimal/improved measurements (BMI & blood pressure) a month
<b>Nicotine-Free Declaration:</b> Complete an online declaration to be nicotine free on your Virgin Pulse Member Site.	1,000 Points once a year
<b>NEW! SelfHelpWorks:</b> Your new online coaching tool! Choose from a number of courses such as gaining control over food, managing alcohol use, learning to love exercise or creating calm & resiliency.	200 Points for beginning a SelfHelpWorks online coaching session once per year 200 Points for completing four (4) SelfHelpWorks online coaching sessions once per year 500 Points for completing a SelfHelpWorks online coaching module once per year
<b>Annual Wellness Checkup:</b> Complete your annual physical with your primary care provider and Virgin Pulse will be notified by BCBS when you complete this activity.	1,000 Points once per year
<b>Bonus (Employee Only): Health &amp; Safety Activities</b> <ul style="list-style-type: none"> <li>Health and Safety Education Classes</li> <li>Health and Safety Fairs</li> <li>Health and Safety Behavior Reward</li> <li>Behavior Based Safety Entry in ObservIT</li> <li>NEW! WSST Rep/HPI Practitioner/Safety Objectives Team</li> <li>WSST Chair</li> <li>WSST Health and Safety Behavior Reward</li> <li>Healthy Eating at the Aramark Cafeteria</li> </ul>	100 Points per class (maximum of 5/month) 250 Points each fair (maximum 1,000/year or 250/fair) 250 Points per quarter 100 Points per week for an entry (maximum is 400/month) 1,000 Points once a year 1,500 Points once a year 250 Points per quarter 1,000 Points per month

## Move through the Levels by Earning Points

Earn additional rewards for participating in the Virgin Pulse program activities.\* Up to \$100 HCA deposit for PPO and \$250 HSA deposit for HDHP. 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. This funding becomes available in January 2017.

Feeling great feels even greater when it comes with financial rewards from LANL!

## Your Rewards



For assistance, contact Member Services via Webchat or at support@virginpulse.com (M-F 5am-9pm EST). or call 1-866-852-6868 (M-F, 8am-9pm EST)

