



**Earn up to
\$600
per year!***

ThriveWellSM Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to \$600 in Pulse Cash. The subscriber and their spouse or domestic partner can participate in the following activities to earn rewards.

Complete this activity to earn Pulse Cash:

Complete by the end of your program year	Complete the Health Check survey	\$50
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Participate in additional healthy activities throughout the year to earn points!

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	40,000	60,000	
Subscriber Pulse Cash	\$50	\$75	\$100	\$125	\$350
Spouse/Domestic Partner Pulse Cash	\$20	\$30	\$40	\$60	\$150

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association.

*Subscriber and spouse or domestic partner

Ways to earn:

Look for **How to Earn** in your Virgin Pulse account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Complete registration	250
	First login to mobile app	250
	Connect first activity device	200
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a step in Journeys®	20
Monthly	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Self-entered measurements	50/month
	Join a challenge	100
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Complete a Health Checkup (Annual Exam)	250
	Invite a friend outside of your company	100

★ Earn bonus points!

Want to reach Level 4? Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Who's eligible?

All employees and spouses or domestic partners are eligible to participate in ThriveWell and earn rewards.



Not a member yet? Log into your Excellus BCBS member account to get started at:
Member.ExcellusBCBS.com

