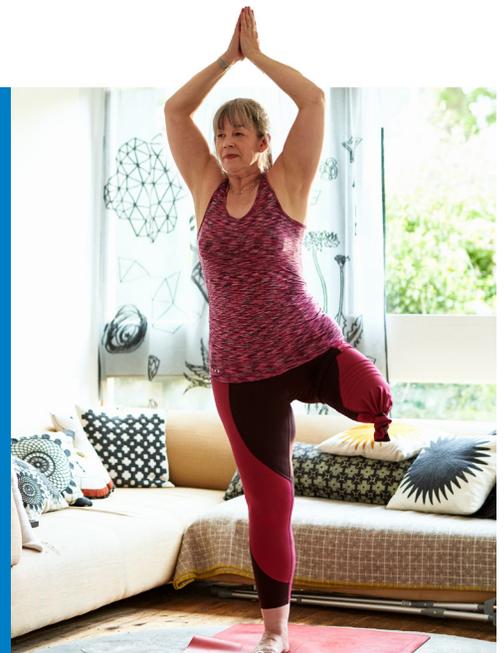# Your hard work pays *rewards*

Redeem your Pulse Cash today!

You have been working hard to improve your health and wellbeing. Now it is time to get your reward. There are three ways for you to cash in.

Visit the Virgin Pulse store to select a gift.	**Redeem your points for a gift card.**	**Donate your reward to charity.**

Step-by-step directions are provided on the other side for any of these options.
Not enrolled in ThriveWell℠ yet? Log in or create your online account at **ExcellusBCBS.com**.

Questions?

Web	**Live chat**	**Call**	**Email**
support.virginpulse.com	member.virginpulse.com Monday–Friday, 2 a.m.–9 p.m. ET	888-671-9395 Monday–Friday, 8 a.m.–9 p.m. ET	support@virginpulse.com

Pulse Cash is considered taxable income. All purchases made using the Virgin Pulse store are final. Once an order has been placed and submitted, it cannot be cancelled, returned, or refunded. If you have any questions regarding this policy, please feel free to contact our Member Services team via phone or chat.

Excellus ⊕ | **Everybody Benefits**

Ready to get started?

Sign into your ThriveWell℠ account. Hover over "Home" in the top-navigation menu. In the drop-down menu that appears, select "Rewards," and choose "Spend." Note: you must have Pulse Cash available to spend to have this option display.

Visit the store.

- Click "Shop the Store"
- Select the product you would like to buy and click "Buy" to add it to your shopping cart
- To checkout, click on your shopping cart icon located in the upper right corner
- Enter your Pulse Cash amount into the field labeled "Use Your Virgin Pulse Reward Cash"
- Click "Apply Cash"
- Click "Checkout" and complete the shipping and billing information

Get a gift card.

- Click "Get a Gift Card"
- Select the store you would like your gift card from
- Enter the amount of Pulse Cash you would like to exchange into the open field and click "Next"
- Submit a request for a code
- A redemption code will be sent to the email used to log in to your Virgin Pulse account
- Once you receive the redemption email, follow the steps it provides to secure your gift card

Donate it.

- Click "Donate it"
- Select the charity you want to receive your Pulse Cash
- Enter the amount of Pulse Cash you want to donate in the open field and click "Next"
- If you choose Charity on Top, a gift card number will be emailed to you, which can be redeemed to donate to a non-profit of your choice at charityontop.org.

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