



# Your Time to Thrive



## JOIN YOUR WELLNESS PROGRAM TODAY!

The **WellStyles** program gives you the tools to get active, get healthy and get rewarded!

**July 1<sup>st</sup>, 2022 – June 30<sup>th</sup>, 2023**

## Sign Up Today

Register by visiting WellStyles online:  
[join.virginpulse.com/WellStyles](https://join.virginpulse.com/WellStyles)  
 then click "Sign Me Up!"

If you've already registered, visit the website and click "Sign In." Once you have registered, try signing in on the Virgin Pulse app! Look for Virgin Pulse in your app store.

## Your Rewards



Do healthy things



Win points!



Earn rewards!

Start completing healthy activities for points...the more points you get, the more you can earn!

All activity must be submitted/entered by June 30<sup>th</sup>, 2023.



	Level 1	Level 2	Level 3	Level 4
Points Earned	5,000	15,000	35,000	60,000
Rewards	\$20	\$60	\$60	\$60
Totals	(\$20)	(\$80)	(\$140)	(\$200)

You can view your points by visiting the Rewards page and clicking on **"My Rewards."**

**SIGN UP!**

**SIGN IN**

Select "Spend" and a list of gift cards will appear. Choose the one you want, enter in the amount, and click next. An e-mail will be sent to the e-mail you used to register, with the e-card information. Make sure to check your junk mail if you don't receive it.

To see what points you have earned already, go to the Rewards page and click on "Statement" and search by month or year.

**Redeem your gift cards by June 30<sup>th</sup>, 2023**

Sponsor Organization Name is "WellStyles"



# HOW TO EARN POINTS



For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "Statement" for a full list.

## TRACKING ACTIVITIES

Find these activities on the tracking page of your website. For easy tracking, sync your phone or device! You can only go back two weeks (starting the day you register) to earn points for tracking activities.

- **Exercise:** Earn 140 points max/day for exercise minutes, workouts, steps, and/or active minutes (1,000 steps = 10 points or 45 active minutes = 140 points). Get 7,000 steps 20 days in a month earn an extra 400 points or take 10,000 steps 20 days in a month for an extra 500 points!
- **Healthy Habits:** Choose 3 activities (out of the 140+ habits) for up to 30 points/day. If you track 10 days in a month get an extra 200 points or 20 days in a month get an extra 300 points!
- **Whil Sessions:** Earn 20 points/day by completing a mindfulness class or yoga session. One program per week is 50 points, 10 sessions in a month is 100 points, and 20 sessions in a month is 200 points!

## HEALTHY HABIT CARDS

Find your healthy habit cards on the home page of your website!

- **Healthy Habit Cards:** Read 2 healthy habit cards daily for up to 40 points/day. Complete 10 daily cards in a month for 100 extra points or 20 daily cards in a month for 200 extra points!

Additional earning opportunities are available throughout the year!

Have questions on how to submit an activity, sync a device, logging in, or navigating the website? Dial **(888) 671-9395** for access support.

## WELLNESS ACTIVITIES

Find wellness activities by going to the Rewards page, clicking on "How to Earn" and scroll down until you see the activity you want to submit. Once you click on the activity, enter your name, date of activity, and provider/location.

- **Wellness Exam:** 20,000 points
- **Cancer Screenings:** Mammogram or Breast Exam, Colonoscopy, Prostate Exam, and/or Skin Cancer Screening: 5,000 points each (15,000 points max)
- **Dental Exam:** 2,500 points each (5,000 points max)
- **Vision Exam:** 2,500 points
- **Preventative Vaccine:** 2,500 points
- **Health Assessment:** 2,500 points
- **Tobacco Free Agreement:** 250 points
- **Biometric Screening:** 5,000 points
- **Health Fair:** 5,000 points

*Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam. For example, a doctor's note or your explanation of benefits found on myuhc.com.*

## CHALLENGES

Find Challenges on the challenge page of your website!

**Personal Challenge:** Earn 50 points for creating a personal challenge, 100 points for joining one, and 200 points for completing one (tracking 5 out of 7 days).

**Team Challenges:** Earn 100 points for registering for the 2-3 large team challenges offered every year. By registering and tracking once a week during the challenge earn an additional 2,000 points. Earn even more points by commenting in the challenge, unlocking destinations, and reaching the final stage of the challenge.

Please read the following notice from the Affordable Care Act regarding your Wellness Program.

### **Notice Regarding Wellness Program**

WellStyles is a voluntary wellness program available to employees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You may also be asked to complete a biometric screening, which will include a blood test. You are not required to complete the HRA or to participate in the blood test or other medical examinations. Employees who choose to participate in the wellness program are eligible to receive an incentive based on the WellStyles Rewards Program.

Additional incentives may be available for employees who participate in certain health-related activities. If you are unable to participate in any of the health-related activities required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting the WellStyles Program at [info@WellStyles.org](mailto:info@WellStyles.org).

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks. You are also encouraged to share your results or concerns with your own doctor.

### **Protections from Disclosure of Medical Information**

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program may use aggregate information it collects to design a program based on identified health risks in the workplace, WellStyles will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact the WellStyles Program at [info@WellStyles.org](mailto:info@WellStyles.org).

We thank you so much for your participation in the WellStyles Program.