

STEP 1: EARN YOUR INCENTIVES

Complete one of the following.

1

Annual Exam
+
Biometric Screening

Your health care provider will complete and submit a form on your behalf.

Earn

For you:
Up to \$300

For your spouse/domestic partner:
Up to \$200

OR

2

Biometric Screening
+
Three Healthy Outcomes
(or show improvement)

Cholesterol:

- Total <200, or
- Ratio <3.5:1, or
- 1 risk tier improvement

Blood pressure:

- <135/90, or
- 1 risk tier improvement

BMI

- <27.5, or
 - At least 5% improvement
-

Earn

For you:
Up to \$300

For your spouse/domestic partner:
Up to \$200

OR

3

Healthy Actions
(in your Virgin Pulse portal)

- Track physical activity and nutrition (\$2 per day)
 - Complete a phone coaching program with a Virgin Pulse coach (\$50 per program)
 - Complete a Blue Cross Blue Shield Disease Management or Condition Management program, if eligible (\$50 per program)
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Earn

For you:
Up to \$300

For your spouse/domestic partner:
Up to \$200