

Build a

Here's how to get started:

- 1. Open the [Virgin Pulse app](#) and scroll down to HR>CU Well website sign-in or use the QR code



- 2. Select **Sign in** for iOS or Android.

- 3. **Connect an activity tracker** to set up and share your steps, active minutes, and sleep. We sync with many devices and apps (e.g., Fitbit, Garmin, etc.)

- 4. Select **Get started** and create or log in to your account.

Don't miss out on all the fun! Get the mobile app or go to



: Dec. 1, 2023- Nov. 30, 2024

: Earn 300 points by 11/30/24 = \$300 on your flexible spending card!

Health Check Survey, Biometric Screening & MyCare Checklist (preventive exams). You can complete other healthy actions at any time, but you won't see their

Health Check Survey, Biometric Screening & MyCare Checklist		
Health Check Survey	Once a year	
Biometric Screening	Once a year	150 Points
MyCare Checklist	3 Appointments	
Nicotine free Agreement or Tobacco Journey	1x/ per program	20 Points
Hit Target Metric or Improve by 5% (BMI/Waist, Total Cholesterol, Blood Pressure, Glucose)	1x/per program	20 Points Each
Join the Company Challenge	3x/ per program	5 Points
Create a personal challenge	Once per month	5 points
Win the promoted healthy habit challenge	Once per month	5 Points
Complete a Journey	1x/ per quarter	15 Points
Track sleep 20 days in a month (0 out of 20)	Once per month	10 Points
Complete a video or audio experience from your library	10x/per program	2 Points
Take 10,000 steps 20 days in a month	Once per month	10 Points
Take 7,000 steps 20 days in a month	Once per month	5 Points
Healthy Events	5x/ per program	5 Points
Complete 20 daily cards in a month	Once per month	5 Points

Check out all the other ways to earn points on the platform under Home>Rewards

: join.virginpulse.com/CUWellProgram

