



Earn up to
\$100
per year!

Build a better you

PEIA WELLNESS PROGRAM

The PEIA wellness program helps you achieve your health goals with a fun and engaging experience.

Who can participate?

All policyholders are invited to join.

How to join

- Go to join.virginpulse.com/PEIA
- Accept the terms and conditions
- Download the Virgin Pulse mobile app from the App Store or Google Play



Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Complete your profile and tell us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Personalize your experience

Go to the **More** tab and discover the many ways you can customize your wellness program. Connect your activity tracker or another wellness app and set your topics of interest to focus on what matters to you most.

Complete the Health Check

The Health Check asks questions about your current health status and wellness habits. Complete it to see your health score, learn about possible health risks and get practical tips to help you maintain and improve your wellness. You'll find the survey under the **Health** tab.

Track your Healthy Habits

Healthy Habits help you build a healthy routine and improve your wellness. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits are based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits** to change up the habits you try over time.



Public Employees
Insurance Agency



Biometric screening

Get vital information about your overall health, including cholesterol, glucose, blood pressure and more. Complete your screening by visiting your physician and returning the completed biometric screening form. Go to **Benefits > Biometric Screening Verified Form** to get more information today.

Coaching

Try personal coaching for one-on-one support, practical guidance and answers to your questions. Connect with a coach to set goals, overcome obstacles and get constructive advice. Go to the **Health** tab and choose **Coaching** to get started.

Rewards

You can earn up to \$25 in rewards each quarter, or \$100 per year, for participating in activities. Then redeem your Pulse Cash for gift cards or spend it on fitness accessories and more in the Virgin Pulse Store. Pulse Cash is yours to accumulate and redeem when you're ready, and it doesn't expire until the program is terminated by either the member or PEIA.

For a full list of ways to earn, go to **Rewards > How to Earn**.

	Ways to earn	Points
Daily	Take 7,000 steps in a day	70
	Do your Daily Cards	20/card
	Track your Healthy Habits	10/habit
Monthly	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps (20 days during the month)	400
	Complete a coaching call	500
Quarterly	Complete a whole Journey	150
	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Set a wellbeing goal	200
	Biometric screening	5,000
	Complete the Health Check	1,000

Additional activities

Prioritize and personalize your experience by engaging in resources to help improve your wellness:

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys®: Try this digital coaching program to make simple changes to improve your health, one step at a time.

My Care Checklist: My Care Checklist will help you manage your your health by keeping track of health checkups, all in one place.

Challenges: Team up with others to create new habits with some healthy competition.

Nutrition Guide: Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide: What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Have questions? We're here to help.

- Check out **support.virginpulse.com**
Live chat: Monday–Friday, 8 am–9 pm ET
- Give us a call: 833-842-4998
Monday–Friday, 8 am–9 pm ET and Saturday, 8 am–5 pm ET
- Send us an email: **support@virginpulse.com**

Not sure if you can fully participate in this program because of a disability or medical condition? Visit **support.virginpulse.com** and search Medical Exceptions.

This is a voluntary program and will have no effect on your PEIA health or life insurance benefits. Incentives are subject to tax per federal law.

