



**Earn up to
\$100
per year!**

Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up—earn up to \$100 in Pulse Cash in 2024–2025 (\$25 per quarter).

Earn up to \$100 in Pulse Cash per year. Participate in healthy activities throughout the year to earn points and watch your Pulse Cash add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	1,000	4,000	8,000	15,000	
Pulse Cash	\$5	\$5	\$5	\$10	\$25

Pulse Cash annual max: \$25 x 4 quarters = **\$100**

*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.

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check survey	1,000
	Complete a biometric screening	5,000
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes	10
	Complete a step in Journeys®	20
Monthly	Win the promoted Healthy Habit Challenge	200
	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Take validated measurements	250
	Complete a coaching appointment	500
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Complete a biometric screening	5,000
	Invite a colleague to join	50
	Ideal or improved measurements: BMI, cholesterol, glucose, A1C and triglycerides	150

Who's eligible?

All PEIA PPB Plan policyholders are eligible to participate in the wellness program and earn rewards.



Not a member yet?
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