

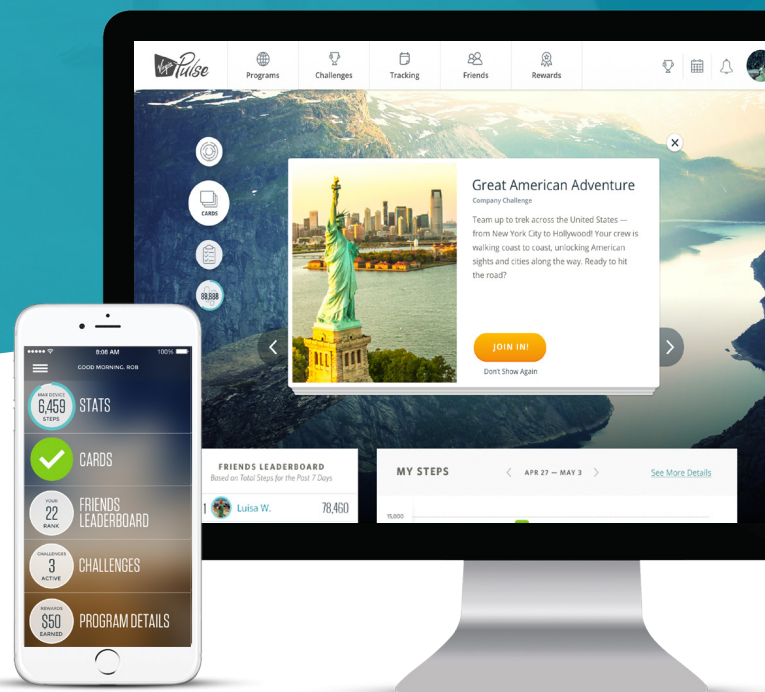
Build a better you

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and live better every day.

Here's how to get started:

- 1 Activate your Virgin Pulse account.
- 2 Download the Virgin Pulse mobile app.
- 3 Connect to a fitness device to track your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Misfit, etc.)
- 4 Upload a profile picture and add some friends.
- 5 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!

Sign up now at join.virginpulse.com/wellnessatbrown.
Already a member? Sign in at member.virginpulse.com.



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Your 2023 Program

Brown University knows you are taking the time to maintain or improve your health. To recognize your efforts, we offer a reward for participating in the wellness program. It's easy to earn rewards by making healthy decisions. Here's how to earn!



Do
Healthy Things



Earn
Cash Incentives



Celebrate
Achievements

What's ahead in 2023:

			Cash Incentive
Ways to Earn	Track promoted Healthy Habit Challenge 5 of 7 days	5x per year	\$50
	Complete the Health Assessment		\$50
	COVID-19 Vaccine*		\$50
	Nicotine-Free Agreement		\$25
	Journeys® digital coaching: Complete a Journey		\$25
	Brown Onsite Wellness Program		\$25
	Brown Fitness Program		\$25
	Brown Financial Wellness Program		\$25
	Annual Dental Exam		\$25
	Annual Medical Exam		\$25
	Reach Goal in ONE Wellness at Brown Sponsored Portal Challenge		\$50

For more ways to earn, visit **How to Earn** under the **Rewards** tab on the site—or **Program Details** on the mobile app.

*COVID-19 Vaccine Reward is for eligible employees who upload their vaccine documentation in 2023. Employees who uploaded documentation in 2021 or 2022 and received vaccine credit toward 2021/2022 Wellness Rewards are not eligible to receive additional COVID-19 vaccine credit in 2023. Booster shots are not eligible for Wellness Rewards.

2023 Wellness Rewards Options!

For participants who reach \$250 in 2023 Wellness Rewards, you will be able to elect one of three Rewards options! (1.) A taxable cash incentive payment of \$250; (2.) a 12-month membership to Nelson Fitness Center; (3.) a program fee voucher for The Mindfulness Center at Brown (value \$300). This voucher can be redeemed toward a Mindfulness-Based Stress Reduction or Mindfulness-Based Cognitive Therapy course.

Have questions?

Check out support.virginpulse.com

Live chat on member.virginpulse.com | Monday-Friday, 2 am-9 pm ET

Give us a call: **888-671-9395** | Monday-Friday, 8 am-9 pm ET



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