



# 2022 WELLNESS PROGRAM

## BUILD A BETTER YOU

The Virgin Pulse wellbeing program helps you live better and achieve your health goals with a fun and engaging mobile experience that delivers powerful resources right to your fingertips.

## HOW TO REGISTER

- New members: go to [join.virginpulse.com/LANL](https://join.virginpulse.com/LANL)
- Existing members: sign in at [member.virginpulse.com](https://member.virginpulse.com)
- Accept the terms and conditions
- **Download the Virgin Pulse mobile app** by searching “Virgin Pulse” in the App Store or Google Play
- **Connect an activity tracker** to get credit for your steps, active minutes and sleep. We sync with many devices and apps (GoZone, Max Buzz, Fitbit, etc.)



## PERSONALIZE YOUR EXPERIENCE

- **Upload a profile picture** and **add friends**
- **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more.
- **Complete the Health Assessment** and get 500 points!
- **Complete program activities** (next page) and earn up to \$200 for PPO and \$500 for HDHP! Rewards earned in 2022 will be paid out in the first quarter of 2023.

## GETTING STARTED

You're registered and signed in—now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

### Health Assessment

The Health Assessment asks questions about your current health status and wellbeing habits. Once completed, your responses will be analyzed to generate a health score, show your health risks and provide practical tips to help you improve. Find it under the **Health** tab.

### Pillars and Topics

Looking to reduce stress, increase your energy throughout the day or find the motivation to continue progress toward your wellbeing goals? The Pillars and Topics section can point you in the right direction, providing quick access to many helpful tools and resources.

### Nutrition Guide

Do you enjoy meat and potatoes, whatever's convenient or do you indulge in sweets? Whatever you fancy, there's more than one way to eat healthy. Access the Nutrition Guide to choose your eating profile, and we'll serve up plenty of tips and recipes to help you find healthy and delicious options.

### Sleep Guide

Sleep affects nearly every aspect of your health—from your mood to your ability to concentrate, and even your immune system. When you sleep better, you feel better. That's where our Sleep Guide can help. From here, you can track your sleep patterns and discover tips to help you improve.



## EARNING INCENTIVES

Good health is its own reward. But that doesn't mean we're going to leave you empty-handed. Earn points for completing program activities.

	Ways to Earn	Points
Daily	GoZone pedometer or other supported devices and apps (per 1,000 steps)	10 (140 points max per day)
	Do your Daily Cards	20 (40 max per day)
	Track your Healthy Habits	10 (30 max per day)
	Browse healthy recipes	10
	Daily calorie tracking	20
	Complete a Whil session	20
	Complete a Journey step	20
Weekly	Win the promoted Healthy Habit Challenge	200
	Complete a Whil program	50
	Attend classes and events (visit <a href="http://occhealth.lanl.gov">occhealth.lanl.gov</a> )	100-250
Monthly	Take 7,000 steps (20 days during the month)	400
	Take self-entered measurements	500
Quarterly	Join the company challenge	250
	Complete a Journey (up to 3x per quarter)	150
	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Health and Safety Behavior Rewards	250
	Set a wellbeing goal	200
	Tobacco-Free Agreement	500
	Complete the Health Assessment	500

## ADDITIONAL ACTIVITIES

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

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

**Journeys®:** Make simple changes to improve your health, one step at a time.

**Challenges:** Team up or go head to head to challenge your coworkers and track healthy habits.

**Social Groups:** Discuss your favorite hobbies and find a like-minded community to support your healthy changes.

**Healthy Habits:** Select healthy habits to work toward, and track your progress every day.

## FREQUENTLY ASKED QUESTIONS

### Is my health information confidential?

The Virgin Pulse wellbeing program is confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with Virgin Pulse will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

### Have questions?

- Send us an email: [lanl.support@virginpulse.com](mailto:lanl.support@virginpulse.com)
- Check out [support.virginpulse.com](http://support.virginpulse.com)
- Live chat: [support.virginpulse.com](http://support.virginpulse.com)  
Monday-Friday 2 am-9 pm ET
- **Give us a call:** 888-610-1183  
Monday-Friday 8 am-9 pm ET

