

# Build a BETTER YOU

The **2022 HealthWi\$e Program** powered by Virgin Pulse gives you the tools to get active, get healthy and live better every day.



**April 1, 2022–November 30, 2022**

The HealthWi\$e Program is open to all employees regardless of medical insurance enrollment.

## *Here's how to get started:*

- 1 **Enroll yourself in the HealthWi\$e Program:**
  - Dent Wizard: Enroll in ADP
  - Dynamic Group: Enroll in ADP or through Benefit Educators
    - Schedule an appointment with Benefit Educators online at [dtfamily.mybenefits.pro](https://dtfamily.mybenefits.pro)
- 2 **Complete your enrollment on the Virgin Pulse website.** You'll receive a welcome email providing instructions on how to sign up. The welcome email will be sent to your work email account within 7 days after you've initiated your enrollment via ADP/Benefit Educators.
- 3 **For wellness on the go, download the Virgin Pulse mobile app** for iOS or Android.
- 4 **Connect an activity tracker** to get credit for your steps, active minutes and sleep. We sync with many devices and apps (Apple Watch, Fitbit, MyFitnessPal, etc.).

## *Spouses*

- 1 **Invite your spouse to join.** Sign in at [member.virginpulse.com](https://member.virginpulse.com), go to the **Benefits page** and click **Invite spouse to participate**. Your spouse will receive a welcome email providing instructions on how to sign up.

## **Challenge yourself:**

Earn points to reach Premium Reduction Levels. If you are enrolled in a Dealer Tire medical plan, you can receive discounted medical premiums in 2023! **NEW this year: earn Pulse Cash!**

### **Not a member yet?**

Don't miss out on all the fun! Get the mobile app or go to [join.virginpulse.com/DTfamily](https://join.virginpulse.com/DTfamily).



A Spanish version of this brochure can be found online at [dtfamilybenefits.com](https://dtfamilybenefits.com) under the Wellbeing tab. Una versión en español de este folleto está disponible en [dtfamilybenefits.com](https://dtfamilybenefits.com) en la pestaña Bienestar.

**HealthWi\$e**

**Virgin Pulse**

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## How to spend your Pulse Cash:

- Purchase health & wellness items in the Virgin Pulse store
- Get a gift card (Amazon, Target, etc.)
- Donate to one of your favorite charities

Your Pulse Cash doesn't expire, and it rolls over year to year. However, Pulse Cash can't be redeemed once your membership is terminated, so make sure to spend it if your account is being canceled.

## 2022 HealthWi\$e Program Rewards:

	BE ENGAGED	BE WELL	BE ACTIVE	BE AWESOME	SPOUSES
<b>Points</b>	100	200	300	500	100
<b>Pulse Cash</b>	\$30	\$20	\$20	\$30	\$25
<b>Premium Credit</b>	\$50	\$75	\$125	\$150	\$75

## Ways to earn:

	Wellness Activities	Points
<b>Once</b>	Health Risk Assessment	100
	Biometric screening: Labcorp voucher, CVS voucher or PCP form	100
	Certified Nicotine-Free	50
	Confirm COVID-19 vaccination via My Care Checklist	100
	My Care Checklist: Complete 3 rewardable exams including physical, dental, vision, colonoscopy, mammogram, etc.	300
<b>Monthly</b>	Track sleep 20 days in a month	20
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	20
	Track calories 20 days in a month	20
	Win promoted Healthy Habit Challenge	25
	Join a Personal Challenge	25
	Create a Personal Challenge	25
<b>Quarterly</b>	Complete a Journey (3x per quarter)	20
	Join the Company Challenge	100
	Track steps at least once a week for all weeks of the Company Challenge	100
<b>4x per Program</b>	Telephonic coaching call	75
	Wellness Activity Verification Form	25

## Spouses: Complete 2 rewardable items to earn \$25 in Pulse Cash

<b>Once</b>	Health Risk Assessment	50
	Biometric screening: Labcorp voucher, CVS voucher or PCP form	75
	Confirm preventive care exam via verification form including physical, dental, vision, colonoscopy, mammogram, COVID -19 vaccination, etc.	25
<b>3x per Program</b>	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	10
<b>4x per Program</b>	Telephonic coaching call	50

Quest biometric screenings through the Aetna Wellbeing Program ended January 31, 2022. Employees who earned the premium credit for 2022 will not be affected and will continue to receive those credits through December 31, 2022. Additionally, employees who are currently receiving the employee premium credit and who also sign up for the Healthwi\$e program will be rewarded 100 points for having already completed a biometric screening.