

Build a BETTER YOU

The 2022 HEALTHWISE PROGRAM powered by Virgin Pulse gives you the tools to get active, get healthy and live better every day.



January 17, 2022 - November 30, 2022



Here's how to get started:

- 1 **Enroll yourself and your spouse in the HealthWi\$e Program:**
 - Dealer Tire & Sonsio: enroll anytime in Workday
 - Simple Tire: enroll anytime by sending email to HR@simpletire.com
- 2 **If you already have a Virgin Pulse account**, sign in at member.virginpulse.com or with the Virgin Pulse mobile app.
- 3 **If you are new to Virgin Pulse**, you will receive a welcome email providing instructions on how to sign up. The welcome email will be sent to your work email account.
- 4 **For wellness on the go, download the Virgin Pulse mobile app** for iOS or Android.
- 5 **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 **If your spouse already has a Virgin Pulse account**, they will sign in at member.virginpulse.com or with the Virgin Pulse mobile app.
- 2 **If your spouse is new to Virgin Pulse**, go to **Benefits** and then click on "Invite spouse to participate." They 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.



How to spend your Pulse Cash:

- Spend your Pulse Cash on health & wellness items in the Virgin Pulse store
- Redeem for an available gift card (Amazon, Target, etc.)
- Donate to one of your favorite charities

Your Pulse Cash doesn't expire, and 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
Points	100	200	300	500	100
Pulse Cash	\$30	\$20	\$20	\$30	\$25
Premium Credit	\$50	\$75	\$125	\$150	\$75

Ways to earn:

	Wellness Activities	Points
Once	Health Risk Assessment	100
	Biometric Screening: Labcorp Voucher, CVS Voucher or PCP Form	100
	Metabolic Syndrome Risk Free	100
	Certified Nicotine Free	50
	COVID Vaccination from My Care Checklist	100
	My Care Checklist: Complete 3 rewardable actions: Physical, Dental, Vision exams, Colonoscopy, Mammogram, etc.	300
Monthly	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
Quarterly	Journey® Complete a Journey (3x per quarter)	20
	Join Company Challenge	100
	Track steps at least once a week for all weeks of the Company Challenge	100
4x per Program	Telephonic Coaching Call	75
	Wellness Activity Verification Form	25

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

Once	Health Risk Assessment	50
	Biometric Screening: Labcorp Voucher, CVS Voucher or PCP Form	75
	Preventive Care Verification Form (Physical, Dental, Vision Exams, Colonoscopy, Mammogram, COVID -19 Vaccination etc.)	25
3x per Program	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	10
4x per Program	Telephonic Coaching Call	50