

# Build a BETTER YOU

The **2023 HEALTHWISE PROGRAM** powered by Virgin Pulse gives you the tools to get active, get healthy and live better every day.



January 16, 2023–November 30, 2023

## Here's how to get started:

- 1 **Enroll yourself and your spouse in the HealthWi\$e Program:**
  - Dealer Tire, Dent Wizard, & Sonsio: Enroll anytime in Workday.
  - Simple Tire: Enroll anytime by completing the enrollment form.
- 2 **If you already have a Virgin Pulse account**, sign in at [member.virginpulse.com](https://member.virginpulse.com) or with the Virgin Pulse mobile app.
- 3 **If you're new to Virgin Pulse**, 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.
- 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](https://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 **Invite spouse to participate**. They will receive a welcome email providing instructions on how to sign up.

## Challenge yourself:

Pulse Cash will be awarded when associate reaches a reward level and when a spouse completes 3 rewardable activities. Associates enrolled in a 2024 DTFOC medical plan will receive the medical premium credit starting in January of 2024.

Not a member yet? Scan the code to join!



## How to spend your Pulse Cash:

- Spend your Pulse Cash on health and 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.

## 2023 HealthWi\$e Program Rewards:

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

## Ways to earn:

	Wellness Activities	Points
<b>Once</b>	Health Risk Assessment	100
	Biometric screening: Labcorp voucher, CVS voucher or PCP form	100
	Metabolic Syndrome Risk Free	100
	Certified Nicotine-Free	50
	COVID-19 vaccination from My Care Checklist	100
<b>Monthly</b>	My Care Checklist: Complete 3 rewardable actions: physical, dental, vision exams, colonoscopy, mammogram, etc.	300
	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 the promoted Healthy Habit Challenge	25
	Join a Personal Challenge	25
<b>Quarterly</b>	Create a Personal Challenge	25
	Complete a Journey (3x per quarter)	20
	Join the Company Challenge	100
<b>4x per Program</b>	Track steps at least once a week for all weeks of the Company Challenge	100
	Telephonic coaching call	75
	Wellness Activity verification form	25

## Spouses: Complete 3 rewardable actions to earn \$25 in Pulse Cash and \$75 in Premium Credit

<b>Once</b>	Health Risk Assessment
	Biometric screening: Labcorp voucher, CVS voucher or PCP form
<b>3x per Program</b>	Preventive care verification form (physical, dental, vision exams, colonoscopy, mammogram, COVID -19 vaccination, etc.)
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes
<b>4x per Program</b>	Telephonic coaching call

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.