



## Virgin Pulse Quick Guide

# HealthWiše

The Dealer Tire Family of Companies

### 2023 HealthWiše Program

The **2023 HealthWiše Program** powered by Virgin Pulse gives you the tools to get active, get healthy, and focus on your wellbeing.

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

Your Pulse Cash will roll over year to year, but you can't be redeemed if your membership is terminated.

## January 16, 2023 – November 30, 2023

**Challenge Yourself:** Reach the **500 point/Be Awesome level** to earn the maximum accumulated rewards: **\$100 Pulse Cash and \$400 Premium Credit!**

### 2023 HealthWiše Program Rewards

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

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

### Enroll in the 2023 HealthWiše Program

How to enroll in the 2023 HealthWiše Wellbeing Program:

**Note:** If you are a new hire or enrolled mid-year, please allow 7 days before attempting to sign in.



[Click here to login to Virgin Pulse](#)

#### How to Enroll:

- **Dealer Tire, Dent Wizard and Sonsio:** enroll anytime in [Workday](#)
- **Simple Tire:** enroll anytime by completing the [enrollment form](#)

#### Once enrolled:

1. **If you already have a Virgin Pulse account,** sign in at [member.virginpulse.com](#) or on the Virgin Pulse mobile app and use your current login and password.
2. **If you are new to Virgin Pulse:** You will receive a welcome email providing instructions on how to sign up.

### Invite Your Spouse to Participate

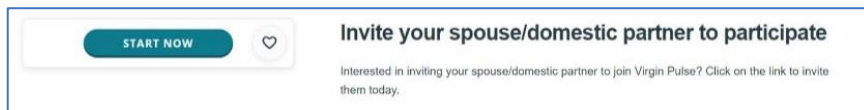
**If your spouse already has a Virgin Pulse account,** they will sign in at [member.virginpulse.com](#) or with Virgin Pulse mobile app with their current login and password

**If your spouse is new to Virgin Pulse,** you will need to follow the steps to invite your spouse to participate

If you added your spouse under "Friends", you need to remove them from "Friends", then follow the steps send your spouse an invite.

**Associate** – Sign in to your account and follow these steps to invite spouse:

1. Click on "Benefits" in the Navigation bar
2. Click on "View all" and select "Invite your spouse/domestic partner to participate"
3. Click "Start Now"



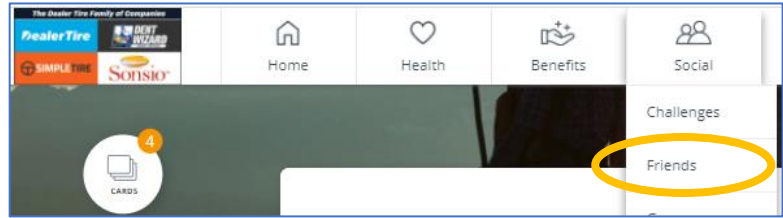
4. Enter your spouse's name and email address, then click "Send Invite". Your spouse will follow the instructions in email they receive.

## Invite Friends and Family

Invite your friends and family so you can encourage and motivate one another. You can invite up to 10 friends and family outside of work! They can create challenges, compare stats, track their healthy habits, and more.

Note: Friends and family are not eligible to participate in company challenges or to receive company-sponsored rewards.

### [How to add Friends or Family outside the company?](#)



For your spouse to earn points, follow instructions in previous section to send an invitation to your spouse.

## Download the Virgin Pulse Mobile App

Virgin Pulse mobile app is available to download on your device.

**iPhone 6 or above, operating on iOS 14.0 and above:** On your device, open App Store and search for Virgin Pulse or [Click Here](#)

**Android devices operating on 6.0 or above:** On your device, open Play Store and search for Virgin Pulse or click the link or [Click Here](#)



## Virgin Pulse Website – Supported Web Browsers

If you receive an error when accessing your account online, try clearing internet browser cache & cookies, and be sure you are using a supported browser. Call 888-671-9395 for additional assistance.

Validated Web Browsers:

- Google Chrome (latest version)
- Internet Explorer 11
- Microsoft Edge (latest Chromium version)
- Mozilla Firefox (latest version)

## Virgin Pulse Support

Search the support database and access instructions and video tutorials. In the search box, enter your question or topic or browse the support categories.

Click the “Support” tab to access [Virgin Pulse Support](#)

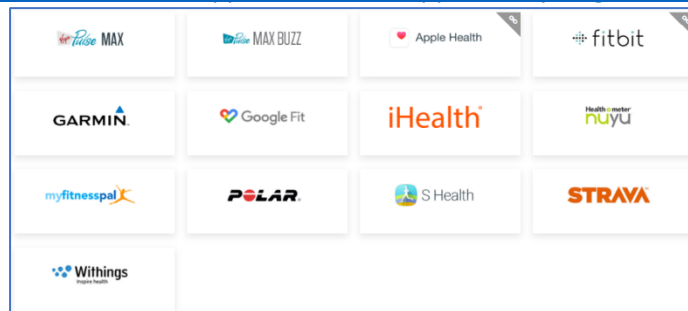


## Connect to a Fitness Tracker

Connect a fitness tracker to get credit for your steps, calories and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

### [What are validated activity trackers?](#)

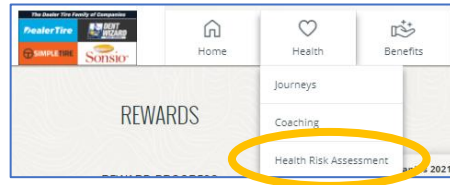
### [What other devices and applications are supported by Virgin Pulse?](#)



## Complete Health Risk Assessment | 100 Points

The Health Risk Assessment is a confidential, short health questionnaire across 7 areas and used to provide you with an evaluation of your health risks and quality of life. You'll get a personalized report and recommendations on actions to take. Complete the survey once a year to earn points.

1. Click on "Health" then select "Health Risk Assessment"
2. Click on "Start the Survey" to get started, or "Re-Take" to take it again



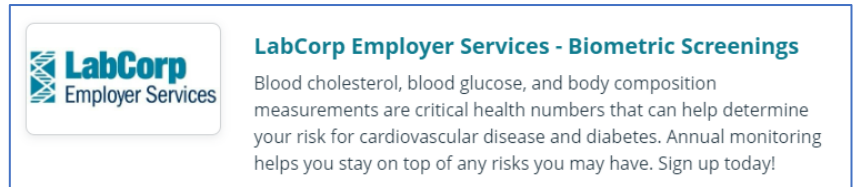
## Biometric Screening | 100 Points

For remote associates or associates who are not able to attend an on-site biometric screening, you can download the **LabCorp Voucher, CVS Voucher** or **Primary Care Physician Form** and schedule your off-site screening to earn your Biometric Screening points!

Off-site screening options must be completed by October 15, 2023.

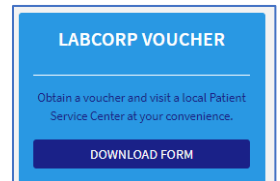
If offered in 2023, onsite Biometric Screening dates will be announced later in the year.

On the navigation, click "Benefits", then click "View All". Click LabCorp Employer Services, which will take you to the LabCorp portal.



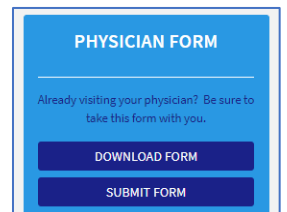
### LabCorp Voucher:

1. Download, print and complete the offsite voucher
2. Visit <http://www.labcorp.com/findalab> to locate a facility and schedule an appointment
3. Bring your voucher with you during your visit



### Primary Care Physician Form:

1. Download the Physician form and schedule an appointment with your physician
2. Submit completed form by fax or submit online



### CVS Voucher:

1. Click "Benefits", then click "CVS MinuteClinic"
2. In the description, click "download"
3. Bring your health screening voucher with you during your visit



## Metabolic Syndrome Risk Free | 100 Points

Based on your **Biometric Screening results**, if you have been identified as being metabolic syndrome risk free, you will receive points for the "Be Metabolic Syndrome Free" component in this year's incentive program. Points are awarded at the end of each plan year.

**Metabolic syndrome** is a combination of metabolic factors that can significantly increase one's risk for heart disease, diabetes and stroke. According to the American Heart Association, there are 5 risk factors that make up metabolic syndrome. An individual who has at least 3 risk factors is identified as having metabolic syndrome:

- Blood pressure
- Waist circumference
- HDL cholesterol
- Triglycerides
- Fasting glucose

## Certified Nicotine Free | 50 Points

Nicotine is the primary cause of many preventable diseases and premature deaths. No matter whether you're currently a nicotine user, have kicked the habit already, or have never even thought of using nicotine, here's your chance to declare yourself a nicotine-free member.

**Thinking about going tobacco free?**

[Click Here](#) to for more information

**To certify that you are Nicotine free**, at the top right corner, hover over the Profile section with your picture. In the drop-down menu that appears, select "My Profile". Scroll down the page and click on "View The Agreement". Then click "I Agree"

*I am a nicotine-free Virgin Pulse member!*



**I AGREE**

NICOTINE-FREE AGREEMENT

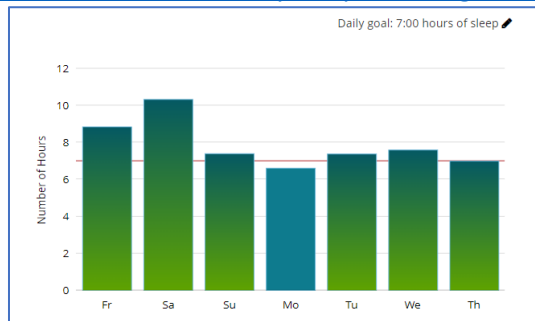
[VIEW THE AGREEMENT](#)

You have not yet accepted the Nicotine-Free Agreement

## Track Sleep 20 Days Each Month | 20 Points Each Month

You'll need to track Sleep via a validated device or app.

[What devices can I use to track my sleep with Virgin Pulse?](#)



## 20-Day Triple Tracker: Track Steps, Active Min. and Workout Min. | 20 Points Each Month (Spouse 3x Per Program)

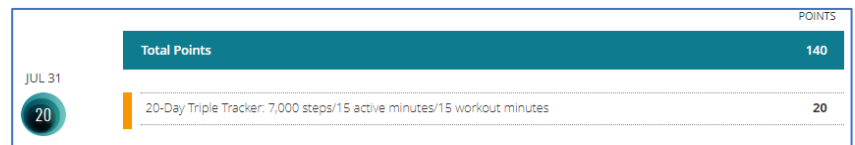
Track 7,000 steps, 15 active minutes or 15 workout minutes, or a combination of the three activities and earn 20 points each month.

[What other devices and applications are supported by Virgin Pulse?](#)

[How to manually enter your steps?](#)

[What are Active Minutes?](#)

[How to log a workout activity?](#)

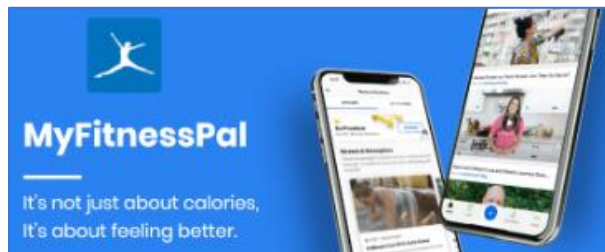


## Track Calories 20 Days Each Month | 20 Points Each Month

You'll need track your food entries using the MyFitnessPal site or the mobile app, and your "Calories Consumed" will sync to your Virgin Pulse account.

Sign up for your free MyFitnessPal account <https://www.myfitnesspal.com/>

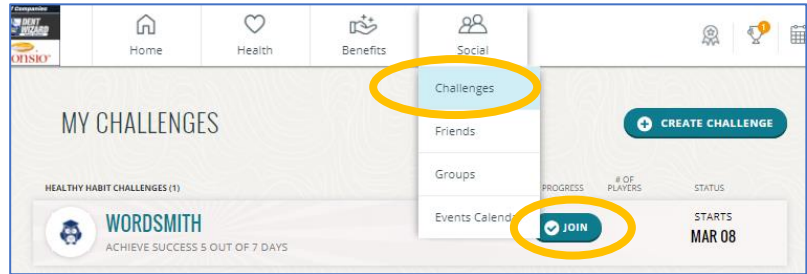
[How to connect MyFitnessPal to Virgin Pulse](#)



## Win Promoted Health Habits Challenge | 25 Points Each Month

Healthy Habits offer you bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Complete the monthly Healthy Habit Challenge to earn points.

1. Select "Challenges" under the Social tab
2. Click "Join"
3. Achieve this habit for at least 5 days of the 7-day challenge

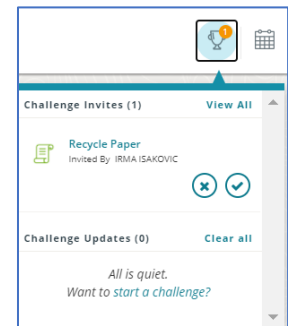


## Join a Personal Challenge | 25 Points Each Month

A Personal Challenge can be a Step or Healthy Habit Challenge. To join a challenge, you can create your own Personal Challenge or accept an invitation sent from a friend.

**Note:** You can join multiple challenges in one month but awarded 25 points maximum per month.

### [How to join or create a Personal Challenge?](#)

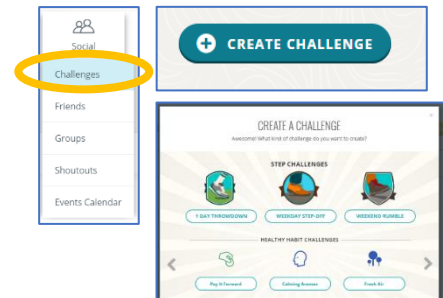


## Create a Personal Challenge | 25 Points Each Month

Earn points when you create a Personal Challenge. Encourage healthy competition! You can invite other people to join your challenge. Maximum 250 people including yourself.

**Note:** You can create multiple challenges in one month but awarded 25 points maximum per month.

### [What type of Personal Challenge can you create?](#)



## Journey: Complete a Journey | 20 Points, 3x Each Quarter

**Journeys** are a great way to introduce healthier habits into your life or maintain healthy habits you already have in place. Journeys are made up of small, fun and informative "steps", and most Journeys take roughly 2-4 weeks to complete.

### [How to earn points or rewards with Journeys](#)



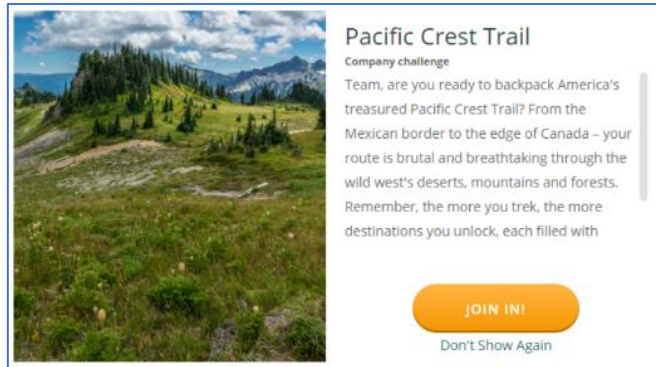


## Join Company Challenge | 100 Points

Stay tuned for company-wide challenges where you can go head-to-head with co-workers across your organization and post comments to cheer each other on.

You will receive notices when upcoming Company Challenges are scheduled!

### [How to join a company challenge?](#)



## Track Steps at Least Once a Week for All Weeks of the Company Challenge | 100 Points

Join the Company step challenge and earn 100 points when you track steps at least once a week for all weeks of the challenge.

### [What other devices and applications are supported?](#)

### [How to manually enter your steps?](#)



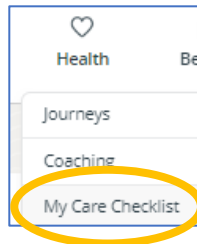
## My Care Checklist: Associates Complete 3 Rewardable Actions | 300 Points Per Program

**Preventive Care Visits** completed between **December 1, 2022 and November 30, 2023** are eligible for 2023 program points

Your personal list on My Care Checklist is based on your age and gender, and may include:

- Annual Physical
- Dental Exam
- Vision Exam
- Colonoscopy
- Mammogram

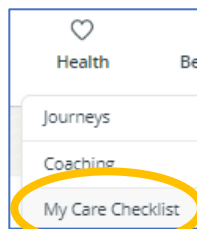
1. Click "Health", then click "View All"
2. Select the "My Care Checklist" tile
3. To complete any of the suggested activities, click on the arrows and follow the next steps



## My Care Checklist: COVID-19 Vaccination | 100 Points Per Program

You will receive points when you submit the second date you received the two-shot COVID-19 vaccine series or the date you received the single shot vaccine.

Simply enter your original vaccination date(s) and you will continue to be in compliance and will earn points for the 2023 program year.



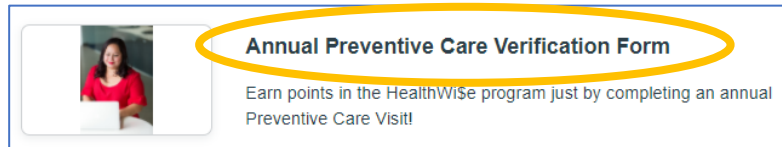
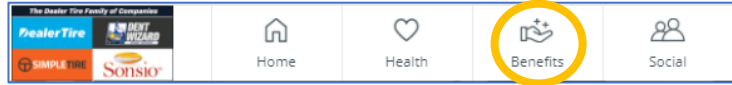
## My Care Checklist: Spouse Complete Preventive Care Visit | Once Per Program

A **Preventive Care Visit** completed between **December 1, 2022 and November 30, 2023** is eligible for 2023 program points, is based on spouse's age and gender, and may include:

- Annual Physical
- Dental Exam
- Vision Exam
- Colonoscopy
- Mammogram
- COVID-19 Vaccination

If your spouse received the COVID-19 vaccine, they would enter the original date(s) and will continue to be in compliance for the 2023 program year.

1. Click "Benefits", then click "View All"
2. Select the "Annual Preventive Care Verification Form" tile
3. To get started, click "Start Now"
4. Complete and submit a Preventive Care Verification Form to earn the maximum of 25 points



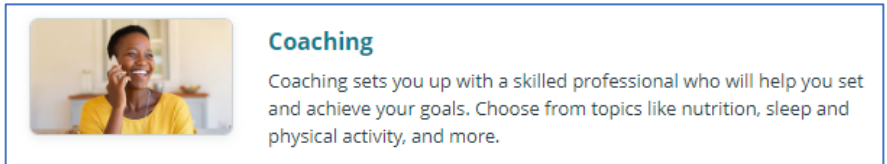
## Telephonic Coaching Calls | 75 Points, 4x Per Program (Spouse 4x Per Program)

Schedule a **FREE** confidential coaching call. Working with a coach can help you set goals, better understand your health and ultimately lead to a healthier, happier life.

Popular coaching topics include:

- Anxiety and Depression
- Chronic Pain
- Diabetes
- Heart Health
- Lung Health
- Manage Weight, and more...

1. Click "Benefits", then click "View All"
2. Select the "Coaching" tile
3. To get started, click "Start Now"



**New in 2023!** Rewardable messaging allows coaching sessions to be completed not only by telephone, but also via coach messaging.

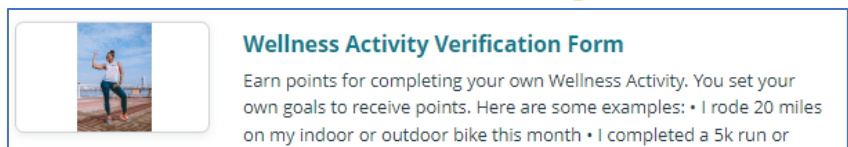
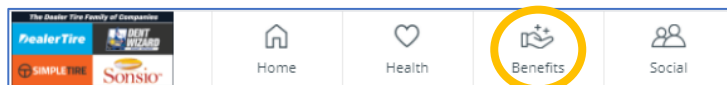
## Wellness Activity Verification Form | 25 Points, 4x Per Program

Set your own goals and receive points! Here are some examples:

- I rode 20 miles on my indoor or outdoor bike this month
- I completed a 5k walk or run
- I reached my healthy goal (weight, BMI, etc.)
- I joined 4 in-person or virtual workout classes this month

What other goals can you think of?

1. Click "Benefits", then click "View All"
2. Select the "Wellness Activity Verification Form" tile
3. To get started, click "Start Now"



## Still have Questions?

Support: <https://virginpulse.zendesk.com/hc/en-us>

Call: 888-671-9395

Email: [support@virginpulse.com](mailto:support@virginpulse.com)

Live chat on: <https://member.virginpulse.com/>

The Dealer Tire Family of Companies benefits website: <https://dtfamilybenefits.com/>