



January 15 – November 30, 2024

Build a better you

The 2024 HealthWi\$e Program powered by Virgin Pulse gives you the tools to get active, get healthy and live better every day.

Here's how to get started:

- 1 Enroll yourself in the HealthWi\$e program anytime in Workday.**
- 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'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 of initiating 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 can 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 **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 you reach a reward level and when a spouse completes 3 rewardable activities. Associates enrolled in a 2025 DTFOC medical plan will receive the medical premium credit starting in January 2025.



**Not a member yet?
Scan the code to enroll
through Workday.**

HealthWise



2024 HealthWi\$e 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

Use your Pulse Cash:



Visit the store



Donate it



Get a gift card

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.

Ways to earn:

	Wellness Activities	Points
Once	Health Risk Assessment	100
	Biometric screening: Labcorp voucher, CVS voucher or PCP form	100
	Ideal blood pressure, fasting glucose, HDL cholesterol, triglycerides and waist circumference	20 each
	Certified Nicotine-Free	50
	COVID-19 vaccination from My Care Checklist	100
Monthly	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
Quarterly	Join a Personal Challenge	25
	Create a Personal Challenge	25
	Complete a Journey (3x per quarter)	20
4x per program	Join the Company Challenge	100
	Track steps at least once a week for all weeks of the Company Challenge	100
	Telephonic coaching call	75
	Wellness Activity verification form	25

Spouse:

	Complete 3 rewardable actions to earn \$25 in Pulse Cash and \$75 in Premium Credit
Once	Health Risk Assessment
	Biometric screening: Labcorp voucher, CVS voucher or PCP form
	Preventive care verification form (physical, dental, vision exams, colonoscopy, mammogram, COVID-19 vaccination, etc.)
3x per program	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes
4x per Program	Telephonic coaching call

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