



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](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 seven 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 and more).

## Spouses:

- 1** **If your spouse already has a Virgin Pulse account,** they can 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 select **Invite spouse to participate**. They will receive a welcome email providing instructions on how to sign up.

## Challenge yourself:

You'll earn Pulse Cash when you reach a reward level and when a spouse completes three 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 QR 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 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.

## Ways to earn:

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 and 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
Quarterly	Create a Personal Challenge	25
	Complete a Journey (3x per quarter)	20
	Join the company challenge	100
4x per program	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
3x per program	Preventive care verification form (physical, dental and vision exams, colonoscopy, mammogram, COVID-19 vaccination, etc.)
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes
4x per Program	Telephonic coaching call

# Getting started with Virgin Pulse

## Download the Virgin Pulse mobile app:

The 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 the App Store and search for [Virgin Pulse](#).
- **Android devices operating on 6.0 or above:**  
On your device, open the Google Play and search for [Virgin Pulse](#).

Scan the QR code to download the app.



## Virgin Pulse website – supported web browsers:

If you receive an error when accessing your account online, try clearing your internet browser cache and 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)

## Connect to a fitness tracker:

Virgin Pulse supports a variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:



Visit the [FAQ page](#) to see info on [validated activity trackers](#) and [other supported apps and devices](#).

## 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 members outside of work! They can create challenges, compare stats, track their healthy habits and more.

**Note:** Family members and friends are not eligible to participate in company challenges or to receive company-sponsored rewards.

Check out the [FAQ page](#) to see [how to add friends or family outside the company](#).



## Virgin Pulse support:

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

Select the **Support** tab to access [Virgin Pulse support](#).

# Start earning points today!

Earning points and getting healthy is easy with Virgin Pulse. If you're not sure where to get started though, here are some rewardable actions and how to make them work for you!

## Complete the Health Risk Assessment:

**100 points**

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

To get started, go to **Home > Health > Health Risk Assessment**. Select **Start the Survey** to begin, or **Re-take** to do it again.

## Certified Nicotine-Free:

**50 points**

Nicotine is the primary cause of many preventable diseases. 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.

To certify that you are nicotine-free, hover over your profile image on the **Home** page, then select **My Profile** from the drop-down menu. Scroll down to find the **Nicotine-Free Agreement** and confirm that you are nicotine-free.

If you're thinking about going nicotine-free and need more help, check out our [contacts and resources](#).

## Biometric screening:

**100 points**

For remote associates or associates who are not able to attend an onsite biometric screening, you can download a **Labcorp voucher**, **CVS voucher** or **Primary Care Physician form** and schedule your offsite screening to earn your biometric screening points!

Go to **Home > Benefits** and select **View All**. Select the **Labcorp Employer Services** tile to go to the Labcorp portal.

### Screening options:

#### Labcorp voucher:

1. Download, print and complete the offsite voucher.
2. Visit [labcorp.com/findalab](https://labcorp.com/findalab) to locate a facility and schedule an appointment.
3. Take your voucher with you to your visit.

#### CVS voucher:

1. Go to **Benefits** from your **Home** page, then select **CVS MinuteClinic**.
2. In the description, select **Download**.
3. Take your health screening voucher with you to your visit.

#### Primary Care Physician form:

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

## Additional biometric screening options:

**20 points each**

You also have additional earning opportunities with the completion of your biometric screening. You can earn points for achieving the following measures, based on the outcome of your biometric screening:

- Ideal blood pressure
- Ideal fasting glucose
- Ideal cholesterol (HDL)
- Ideal triglycerides
- Ideal waist circumference

You must first complete your biometric screening or PCP form. Your personal and confidential results are loaded in the Virgin Pulse portal for you to view and use only. To view your screening-related points and rewards, go to **Home > Rewards** and scroll down to **Measurement**.

Check out the [FAQ page](#) to learn more about the [biometric screening and PCP forms](#).



Offsite screening options must be completed by **October 31, 2024**.

If offered in 2024, onsite biometric screening dates will be announced later in the year.

# Track your activity daily



## Track sleep 20 days in a month:

**20 points per month**

You'll need to track sleep via a validated device or app. Check out the bottom of page 3 to take a look at the supported devices, and check out the **FAQ page** to find out **which devices can be used to track your sleep** with Virgin Pulse.



## 20-Day Triple Tracker: 7,000 steps/ 15 active minutes/15 workout minutes:

**20 points per month**

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

Check out these pages for helpful information about tracking your activity:

- **What other devices and applications are supported by Virgin Pulse?**
- **How to manually enter your steps**
- **What are Activity Minutes?**
- **How to log a workout**



## Track calories 20 days in a month:

**20 points per month**

Track your food intake using the **MyFitnessPal** site or mobile app. Your consumed calories will then automatically sync to your Virgin Pulse account.

**Sign up** for your free MyFitnessPal account, and then **connect it to your Virgin Pulse account.**



# Challenges

## Win the promoted Healthy Habit Challenge:

**25 points per month**

Healthy Habits offer you bite-sized 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.

To find the monthly challenge, go to **Social > Challenges** and select **Join** when the challenge is available. Achieve the selected habit for at least five out of seven days in the challenge to win.

## Join a Personal Challenge:

**25 points per month**

A Personal Challenge can be a Step or Healthy Habit Challenge. You can create your own Personal Challenge or accept an invitation sent from a friend. Learn [how to join a Personal Challenge](#) on the Virgin Pulse **FAQ page**.

**Note:** You can join multiple challenges in one month, but the maximum award is 25 points per month.

## Create a Personal Challenge:

**25 points per month**

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

**Note:** You can join multiple challenges in one month, but the maximum award is 25 points per month.

The Virgin Pulse **FAQ page** can help you learn [what types of Personal Challenges you can create](#).

## Join the company challenge:

**100 points per quarter**

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

You will receive notifications when upcoming company challenges are scheduled!

Learn how to join [here](#).

## Track steps at least once a week for all weeks of the company challenge:

**100 points per quarter**

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

Use a number of [supported devices and apps](#) to track your steps or [enter them manually](#).



Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place. Be sure to sign in to your Virgin Pulse app **at least once every 14 days** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Scan the QR code to open Challenges in your app.



# My Care Checklist

My Care Checklist is a handy, personalized healthcare tracker that helps you keep track of your checkups and health care history—all in one place.

## Complete 3 rewardable actions:

### 300 points per program

Preventive care visits completed between **December 1, 2023**, and **November 30, 2024**, are eligible for 2024 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

To find this feature, go to **Health** and select **View All**. To complete any of the suggested activities, select the plus sign and follow the steps.

## 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.

Enter the original vaccination date(s) to continue to be in compliance and to earn points for the 2024 program year.



### Spouses:

Spouses are also eligible for 2024 program points when completing a preventive care visit between **December 1, 2023**, and **November 30, 2024**, based on their results.

The original vaccination date(s) should be entered to continue to be in compliance and earn points for the 2024 program year.

To get started, go to **Benefits** and select **View All**. From there, select **Annual Preventive Care Verification Form** and choose **Start Now**. Complete and submit a Preventive Care Verification Form to earn the maximum 25 points.



Scan the QR code to  
open My Care Checklist  
in your app.



# Additional activities

## Telephonic coaching call:

**75 points, 4x per quarter**

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

To get started, go to **Benefits** and select **View All**. Select the **Coaching** tile and then **Start Now**.

Rewardable messaging allows coaching sessions to be completed not only by telephone, but also via coach messaging.

## Complete a Journey (3x per quarter):

**20 points per Journey**

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.

Find out how to earn points and rewards with Journeys [here](#).

## Wellness activity verification form:

**25 points, 4x per program**

Set your own goals, get active 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 four in-person or virtual workout classes this month.

What other goals can you think of?

To get started, go to **Benefits** and select **View All**. From here, select **Wellness Activity Verification Form** and then **Start Now**.

## Still have questions?

- Check out [support.virginpulse.com](https://support.virginpulse.com)
- Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395  
Monday–Friday, 8 am–9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

Visit the Dealer Tire Family of Companies benefits website at: [dtfamilybenefits.com](https://dtfamilybenefits.com).