



# BE THE BEST YOU

## Program and Services

MaineHealth is proud to support the health and wellbeing of our employees. An important component of our wellness program is our Wellness Platform, powered by Virgin Pulse. When you stick to the Virgin Pulse program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

### What's in it for you:

- Benefits-Eligible employees can earn up to \$75 in program 2 (Quarter 2).
- Access personalized tools and support to meet your wellbeing goals.
- Participate in your local health system events to win fun prizes or extra points.

### Who's eligible:

Benefits-Eligible employees are eligible to earn points that turn into cash and prizes!

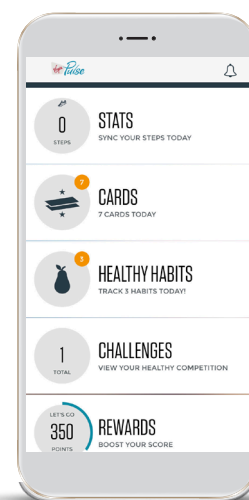
Non-Benefit Eligible employees and spouses are able to earn points, but cannot redeem cash and prizes.





## How to get started

- Step 1**     **Sign up** for your Virgin Pulse account by going to [join.virginpulse.com/mainehhealth](https://join.virginpulse.com/mainehhealth). Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com).
- Step 2**     **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3**     **Connect a fitness tracker** to get credit for your steps, active minutes and sleep. We sync with many devices and apps, such as Max Buzz, Apple Watch, Fitbit, and more.
- Step 4**     Upload a **profile picture** and add some **friends**.
- Step 5**     **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6**     **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime.



# Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each program.





## What you can earn each program:

	Level 1	>	Level 2	>	Level 3	>	Level 4	Total rewards/ program
<b>Points</b>	6,000		12,000		24,000		36,000	
<b>Rewards</b>	\$15		\$25		\$35		\$75 Local Health System Pulse Cash Drawing	<b>\$75</b>



## Ways to earn points:

	Do healthy things	Earn points
<b>Getting started</b>	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check	1,000
<b>Daily</b>	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
<b>Monthly</b>	Win the promoted Healthy Habit Challenge	200
	 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	 Track Healthy Habits 20 days in a month	300
<b>Quarterly</b>	Choose your eating type	250
	Choose your sleep profile	250
<b>Yearly</b>	Set a wellbeing goal	200
	Complete an annual preventive screening	500

Look for **How to Earn** in your account for a **complete list** of all the ways you can earn points.



**= Bonus points!**

Get to Level 3 faster by completing bonus activities like these.



# How to use Pulse Cash:



Visit the Store



Donate it



Get a gift card

## Engage in activities that fit your interests

Learn easy ways to get more active, eat well and manage life's ups and downs—every day!

### Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

### Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

### Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

### My Care Checklist

My Care Checklist is a handy, personal healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place.

### Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

### Pillars and Topics

We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need—fast.

### Diabetes Prevention

Check out resources to develop skills and make healthier choices. Earn points while getting the long-term support you need to stick with the changes for good.

### Recipes

Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

### Physical Activity

Use a fitness tracker to monitor your steps. Plus, keep track of your workouts and active minutes. Then challenge yourself to take it up a notch!

### Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

### Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.



#### Have questions? We're here to help.

Check out [support.virginpulse.com](https://support.virginpulse.com)

Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

Live chat on [member.virginpulse.com](https://member.virginpulse.com) | Monday-Friday, 2 am–9 pm ET

Give us a call: **833-483-0836** | Monday-Friday, 8 am–9 pm ET

Download the **Virgin Pulse mobile app** for iOS or Android.

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at [support.virginpulse.com](https://support.virginpulse.com).