



ENHANCE YOUR WELLNESS

ENJOY THE BENEFITS

We are committed to providing an environment and culture that supports your health and well-being, so you can feel and contribute your best — both at home and at work.

Earn up to \$350 in rewards* beginning October 1 for building healthy habits with City of Hope's Employee Wellness Program.

*Per federal guidelines, rewards are taxable and are subject to employment taxes in the year in which they are redeemed.



GET STARTED

Create your account at join.virginpulse.com/CityofHope and download the Virgin Pulse mobile app.

ALREADY A MEMBER?

Visit member.virginpulse.com/CityofHope to start earning.



Virgin Pulse Member Services
833-724-4673
Monday through Friday, 5 a.m. to 6 p.m. PST





Action Rewards

Complete individual activities to build health awareness and earn \$100.

- Complete your health check survey (\$25).
- Complete a biometric screening form to learn your numbers, such as cholesterol and blood pressure (\$50).
- Confirm you've visited your primary care provider by completing an attestation form (\$25).

Level Rewards

Complete healthy activities to earn points and unlock a new reward at each level (up to \$250).

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Points Earned	10,000	30,000	45,000	70,000
Reward*	\$25	\$50	\$75	\$100

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How to Earn Points

It's easy to earn points as you build healthy habits. Track activity and habits, read daily cards, participate in challenges, coaching and access education. To view a complete listing of all the ways to earn points, review your Virgin Pulse rewards page.

Physical	Daily	Sync and upload steps from your activity tracker (Fitbit, Apple Watch, Garmin) Track your healthy habits Attend City of Hope's sponsored Virtual Fitness Classes** New	Up to 140 points/day Up to 30 points/day 50 points
	Monthly	Take 10,000 steps 20 days in a month	500 points
	One-time	Receive your annual flu shot**	500 points
Emotional	One-time	Register your Lyra Healthy Minds Account and download the mobile app* New Complete a RethinkCare program	500 points 50 points
	Monthly	Employee Donor Loyalty Program — Blood Donation New Employee Donor Loyalty Program — Platelet, ALYX or Plasma Donation New	500 points 1,000 points
Community	One-time	Volunteer 30 minutes at the Garden of Hope Register for the Rideshare Program** Purchase a City of Hope subsidized transit pass**	500 points 500 points 500 points
	Daily	Attend a Career Development Course**	350 points/day
	One-time	Join the Employee Wellness Ambassador Network** Add five friends	500 points 250 points
Social	Monthly	Join an enterprise challenge Join a personal challenge Win the promoted healthy habit challenge	100 points 100 points 250 points
	Monthly	Attend an Ask Fidelity Retirement Session or Live Webinar** New	350 points
	Financial		

**Find rewards in your Virgin Pulse points summary by completion date. Allow four to six weeks processing time.