

# 2020 MEABT VIRGIN PULSE PROGRAM GUIDE

Get the tools you need to make small, everyday changes to your wellbeing tailored to your specific goals. Use Virgin Pulse to build healthy habits, have fun with coworkers, and experience the lifelong rewards of better health and wellbeing.

## Privacy

Virgin Pulse complies with all government privacy and security standards. Your medical and personal information is strictly confidential. Virgin Pulse does not share your personal health information or health outcomes with MEABT.

## QUESTIONS?

**WEB:** [meabt.support@virginpulse.com](mailto:meabt.support@virginpulse.com)

**CALL US:** 855-689-6884, Monday–Friday  
8 am–9 pm ET.

### Not a member yet?

Don't miss out on all the fun! Get the mobile app or go to [join.virginpulse.com/MEABT](https://join.virginpulse.com/MEABT).



**MEA**  
Benefits Trust



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Address/Street  
City, State 00000-0000

Includes Important 2020 Wellbeing Program Information



Get ready for your  
**NEW WELLBEING  
PROGRAM**

## Virgin Pulse is coming to MEABT on July 1, 2020!

**Small steps lead to big changes.** On July 1, 2020, Maine Education Association Benefits Trust (MEABT) will adopt Virgin Pulse to help improve your health and wellbeing. Plus, you can earn Pulse Cash rewards by completing healthy activities!

Virgin Pulse is our wellbeing program designed to help you build healthy habits, manage stress, stay active and make the changes you want to see. Everyone enrolled (Active & Retired), in an MEABT health plan is eligible to earn rewards, including enrolled spouses, domestic partners, and dependents aged 18-26.

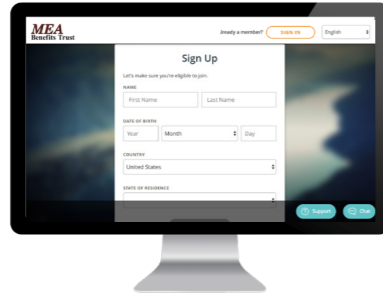
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# GETTING STARTED IS EASY

Once you become a health plan member, you can sign in through the Virgin Pulse mobile app or [join.virginpulse.com/MEABT](https://join.virginpulse.com/MEABT) on your desktop computer. The more you do, the more you earn! Register for Virgin Pulse and start tracking July 1, 2020. The program year ends June 31, 2021.

## Step One: Register.

Go to [join.virginpulse.com/MEABT](https://join.virginpulse.com/MEABT) using a desktop computer, tablet or smartphone. Fill out the form to verify that you're eligible and click **CONTINUE**.



## Step Two: Protect Your Data.

You're important to us—and so is your data. Read and agree to the Virgin Pulse Data Consent, Privacy Policy and Membership Agreement notices.



## Step Three: Access your account anywhere, anytime.

The free mobile app offers the program's best features right in the palm of your hand.



## Step Four: Connect your fitness tracker.

Success is an excellent motivator. Connect a fitness tracker or app to keep track of your activity—and earn rewards while you're at it. Check out your options by going to the **Devices & Apps** page.



# REWARDS FOR HEALTHY RESULTS

Get rewarded for good health and earn points for the healthy activities you do! Points help you achieve levels each quarter, and each level turns into Pulse Cash rewards that you can spend.

## Explore the programs below to start making small changes toward better health:

### Journeys® Digital Coaching

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

### Challenges

Challenges give you the opportunity to fire up your competitive spirit, scrap the excuses and just get started once and for all. Gather your coworkers for the latest company step challenge or a small group of colleagues to inspire each other to start a new healthy habit.

### Friends & Social Groups

Let's face it, getting active with friends is so much more fun! Add your coworkers as well as friends outside your organization (this includes family, too) to stay motivated, chat with others, and achieve goals together. Create groups around common interests or events like biking, recipe sharing, or a lunchtime walking club.

# HOW TO EARN

Earn rewards for taking a proactive approach to wellness, including routine checkups with your primary care provider! Once you're a member, don't forget to complete the Health Assessment to get personalized recommendations to help you tackle your wellbeing goals.

**Earn up to \$62.50 per quarter—that's up to \$250 per year! Rewards listed below are cumulative.**

LEVEL	POINTS	VALUE
1	2,000	\$5 Pulse Cash
2	5,000	\$10 Pulse Cash
3	14,000	\$20 Pulse Cash
4	20,000	\$27.50 Pulse Cash

Pulse Cash rewards do not expire, and can be redeemed in the Virgin Pulse store to purchase gift cards, fitness accessories, and more!

ACTION EXAMPLE	POINTS
Complete your Annual Physical	500 points
Complete your Biometric Screening	250 points
Complete your Health Assessment	1,000 points
Connect an Activity Tracker Device	200 points
Track steps/activity daily	10 points/1,000 steps

For a complete list of activities and earning opportunities, visit the **My Rewards** page on your Virgin Pulse account.