



Wespath
BENEFITS | INVESTMENTS

You're on your way to
EARN \$150* through
Virgin Pulse®!

Scan the code or log into Virgin Pulse to earn Wellness Credits and view your rewards balance.

New to Virgin Pulse?

Visit: join.virginpulse.com/wespath to get started!



Earn 150 Wellness Credits through Virgin Pulse for \$150*

January 1 – December 31

Earning **Wellness Credits** is easy, fast, and HealthFlex participants and covered spouses can do it with programs available through HealthFlex and Virgin Pulse. Mix-and-match actions from the list below to earn 150 Wellness Credits and \$150.

| ACTION | WELLNESS CREDITS EACH YEAR | MAXIMUM CREDITS |
|---|--|-----------------|
| Complete Health Check by August 31 (and avoid a higher deductible in the following year) | 35 (once) | 35 |
| Meet American Heart Association (AHA) guidelines in up to seven Blueprint for Wellness (BFW)** measurements | 7 possible rewards for 20 credits each | 140 |
| Register or log into Benefits Access | 25 (once) | 25 |
| Complete a Virgin Pulse coaching call | 25 (6 times) | 150 |
| Complete a Journey Step | 5 (3 times) | 15 |
| Complete a Journey | 15 (3 times) | 45 |
| Access the Employee Assistance Program (EAP) for emotional counseling | 15 (once) | 15 |
| Access the EAP for Work/Life Services | 15 (once) | 15 |
| Omada Health® participation*** | 150 (once) | 150 |
| View a Success Story through Virgin Pulse | 5 (4 times) | 20 |
| Submit a Virgin Pulse Success Story | 20 (once) | 20 |
| Have your Success Story selected | 20 (once) | 20 |
| Increase contribution to your retirement plan by 1% | 15 (once) | 15 |
| Adopt a new spiritual practice for 1 month | 15 (once) | 15 |
| Update, change beneficiary or contact information in Benefits Access | 25 (once) | 25 |
| Register on EY Navigate | 25 (once) | 25 |
| Complete the EY Financial Confidence Check-up | 25 (once) | 25 |
| Meet with an EY Financial Planner for at least 5 minutes | 25 (once) | 25 |
| Complete Saving Grace Curriculum | 20 (once) | 20 |

* Incentive rewards are provided in "Pulse Cash," the "rewards currency" for HealthFlex—you must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. Pulse Cash is delivered straight to your Virgin Pulse account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations. The IRS considers cash wellness incentives as taxable income. Contact your tax adviser for more information.

** Meet AHA on seven BFW measures or improve on previous year's BFW results. The deadline for the BFW is August 31. See BFW section in the HealthFlex Well-Being Programs FAQ document for more details.

*** For more details on what "participation" means for Omada Health, see the HealthFlex Well-Being Programs FAQ.