

# REWARDS

It's easy to earn rewards by making healthy decisions. Complete your healthy activities to help you get and stay healthy!

Complete your Health Check survey and 2 of the 3 healthy activities below by September 30, 2021, to earn a monthly credit toward your 2022 health insurance premium.

## Who's eligible:

All employees are eligible to participate in the program. You must be enrolled in a City of Tacoma health plan in order to earn the 2022 premium credit.

## Healthy activities:

### Do healthy things and earn your 2022 premium credit

**Complete your Health Check survey and 2 of the 3 healthy activities by September 30, 2021.**

Complete the Health Check survey

Track Healthy Habits 20 days in a month

Track steps or active minutes 20 days in a month

Complete a Journey

### Not a member yet?

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

