

REWARDS

It's easy to earn rewards by making healthy decisions.

When you earn at least 25,000 points by September 30, 2022, by completing the healthy activities on the following page, you'll earn a monthly credit toward your 2023 health insurance premium.

Who's eligible:

All employees are eligible to participate in the program. You must be enrolled in the City of Tacoma health plan in order to earn the 2023 premium credit.

Earn points:

The program year runs October 1, 2021-September 30, 2022.

	Level 1 >	Level 2 >	Level 3 >	Level 4
Points	5,000	12,000	25,000	35,000
Earn a Monthly Premium Credit in 2023				

See [ways to earn points](#) on the next page >

Highlighted ways to earn points: There are many more ways to earn! Look for **How to Earn** under the **Rewards** tab for a complete list.

	Do healthy things	Earn points
Getting started	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check survey	2,500
Daily	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
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes via Zipongo	10
	Win the promoted Healthy Habit Challenge	200
Monthly	Complete 20 Daily Cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track sleep 10 days in a month	100
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Join the company challenge	100
Quarterly	Choose your eating type via the Nutrition Guide	250
	Choose your sleep profile via the Sleep Guide	250
	Set your interests	100
	Set a wellbeing goal	200
Yearly	Complete the Nicotine-Free Agreement	100
	Invite a colleague to join	50
	Complete your annual physical	2,500
	Attend a City of Tacoma wellness webinar or onsite seminar (12x a year)	250
	Complete an entire Journey (12x a year)	150

Not a member yet? Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/cityoftacoma.

