

Ways to Earn the Wellness Incentive

2023 Incentive Goal = 25,000 points by Sept. 30, 2022

Learn more at member.virginpulse.com and selecting “Home” and “How to earn”.

ACTIVITY

ACTIVITY	DAILY	POINTS
Take 1,000 steps in a day		10
Take 2,000 steps in a day		20
Take 3,000 steps in a day		30
Take 4,000 steps in a day		40
Take 5,000 steps in a day		50
Take 6,000 steps in a day		60
Take 7,000 steps in a day		70
Workout for 15 mins in a day		70
15 active minutes in a day		70
Take 8,000 steps in a day		80
Take 9,000 steps in a day		90
Take 10,000 steps in a day		100
Workout for 30 mins in a day		100
30 active minutes in a day		100
Take 11,000 steps in a day		110
Take 12,000 steps in a day		120
Take 13,000 steps in a day		130
Take 14,000 steps in a day		140
Workout for 45 mins in a day		140
45 active minutes in a day		140
20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	MONTHLY	400
20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	MONTHLY	500
Connect first activity device	ONETIME	200

CARDS

CARDS	DAILY	POINTS
Do your daily cards		20
Complete 10 daily cards in a month	MONTHLY	100
Complete 20 daily cards in a month	MONTHLY	200

CARDS

		POINTS	
CARDS	DAILY	Do your daily cards	20
	MONTHLY	Complete 10 daily cards in a month	100
		Complete 20 daily cards in a month	200

CHALLENGES

		POINTS	
CHALLENGES	MONTHLY	Post a chat comment at least once a week for all weeks of the challenge	50
		Create a team in the company challenge and recruit enough players to fill it	50
		Reach final destination in the destination challenge	100
		Track at least once a week for all weeks of the challenge	100
		Join the company challenge	100
		Join personal challenge	100
		Creating a personal challenge	150
		Win the promoted healthy habit challenge	200
	GAME	Unlock a destination in the destination challenge	25
ONETIME	Add friend outside your company	100	

CUSTOM

		POINTS	
CUSTOM	QUARTERLY	Complete a certified weight management program	1000
	ANNUALLY	Attend a City of Tacoma wellness webinar or onsite seminar	250
	PROGRAM	Complete your annual physical	2500

GENERAL

		POINTS	
GENERAL	QUARTERLY	Set your interests	100
	ANNUALLY	Invite a colleague to join	0 / 250
	PROGRAM	Complete Nicotine-Free Agreement	100
		Set a wellbeing goal	200

JOURNEYS

		POINTS	
JOURNEYS	DAILY	Complete a Journey Step	30
	PROGRAM	Complete a Journey	0 / 1800

MY CARE CHECKLIST

		POINTS	
MY CARE CHECKLIST	PROGRAM	Complete 3 preventive care activities	500

		POINTS	
NUTRITION	DAILY	Browse healthy recipes via Zipongo	10
		Daily calorie tracking via MyFitnessPal	20
	WEEKLY	Favorite a recipe via Zipongo	10
		Add a recipe to Grocery List via Zipongo	10
	MONTHLY	Track calories 10 days in a month via MyFitnessPal	200
		Track calories 20 days in a month via MyFitnessPal	300
	QUARTERLY	Choose your eating type via the Nutrition Guide	250
	ONETIME	Connect My Fitness Pal	100

		POINTS	
ONETIME	ONETIME	Add a profile picture	100
		Complete registration	100
		First login to mobile app	250
		Add 5 friends	250

		POINTS	
RECOGNITION	MONTHLY	Give a shoutout	100
		Receive a shoutout	100

		POINTS	
SLEEP	DAILY	Track sleep manually	20
		Track sleep nightly	20
		Sleep > 7 hours in a night	50
	MONTHLY	Track sleep 10 days in a month	100
		Track sleep 20 days in a month	200
		Sleep > 7 hours 20 days in a month	500
	GAME	Choose your sleep profile via the Sleep Guide	250

		POINTS	
SURVEY	PROGRAM	Completing the Health Check survey	2500

		POINTS	
TRACKING	DAILY	Track your healthy habits	10
	MONTHLY	Track Healthy Habits 10 days in a month	200
		Track Healthy Habits 20 days in a month	300
ONETIME	First time tracking healthy habits 5 days in a month	100	