

Ways to Earn the 2024 Wellness Incentive

Earn 25,000 points between Oct. 1, 2022 and Sept. 30, 2023

Learn more at member.virginpulse.com under 'Rewards' 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

CHALLENGES

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

MY CARE CHECKLIST

		POINTS
PROGRAM	Complete 3 preventive care activities	500

NUTRITION

		POINTS
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
RECOGNITION	MONTHLY	Give a shoutout	100
		Receive a shoutout	100
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	
SURVEY	PROGRAM	Completing the Health Check survey	2500
TRACKING	DAILY	Track your healthy habits	10
		Track Healthy Habits 10 days in a month	200
	MONTHLY	Track Healthy Habits 20 days in a month	300
		ONETIME	First time tracking healthy habits 5 days in a month

Important Note: In addition to the above ways to earn, you can also reach out to your Wellness Coordinator at wellness@cityoftacoma.org to receive a **voucher** for participation in a community physical activity-related event. You can redeem up to **six vouchers** during the program year for participating in a 5K—9.99K and/or 10k+ event for 200 and 400 points each, respectively.