BE WELL, BE YOUR BEST AND YOU CAN BE THE DIFFERENCE FOR OTHERS.

Sign up for Virgin Pulse to take your HRA and earn rewards!

What You’ll Do to Register for Virgin Pulse

• Go to join.virginpulse.com/MarquetteUniversity
  • Enter your information
  • Email - This can be any email of your choice
  • Password - password must be a minimum of 8 characters and contain the following:
    • Non-alphanumeric character (Example: !@#$%*)
    • Number (0 through 9)
    • Uppercase characters (A through Z)
    • Lowercase characters (a through z)
• Take the online Health Risk Assessment
• Track your healthy activities like getting fit, eating better, staying hydrated, sleeping enough, and more!
It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards! Deadline is November 19, 2019.

<table>
<thead>
<tr>
<th>Points Earned</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3,000</td>
<td>15,000</td>
<td>30,000</td>
<td>45,000</td>
</tr>
<tr>
<td>Raffle Entries</td>
<td>1 Entry</td>
<td>3 Entries</td>
<td>5 Entries</td>
<td>10 Entries</td>
</tr>
<tr>
<td>HSA/FSA Contribution</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
</tr>
</tbody>
</table>

How to Earn Points (Here are a few examples)

**Activity**

**Daily** (up to 140 Points/day)
- Per 1,000 steps: 10 Points
- 15 or more active minutes: 70 Points
- 30 or more active minutes: 100 Points
- 45 or more active minutes: 140 Points

**Monthly**
- Take 7,000 steps 20 days in a month: 400 Points
- Take 10,000 steps 20 days in a month: 500 Points

**Marquette University-Specific**

**Weekly**
- Meditation Classes: 25 Points

**Yearly**
- Biometric Screening:
  - Retire U: Freshman Series: 500 Points
  - Retire U: Sophomore Series: 500 Points
  - TIAA Individual Counseling Sessions: 50 Points
- Dental Exam: 250 Points

**Self Tracking**

**Daily** (up to 30 Points/day)
- Track your Healthy Habits: 10 Points

**Monthly**
- Track Healthy Habits 10 days in a month: 200 Points
- Track Healthy Habits 20 days in a month: 300 Points

**One-Time**
- First time tracking Healthy Habits 5 days in a month: 100 Points

**Cards**

**Daily**
- Complete card (2/day): 20 Points

**Monthly**
- Complete 10 daily cards in a month: 100 Points
- Complete 20 daily cards in a month: 200 Points

**More!**

**One-Time**
- Registration: 500 Points
- Connect mobile app: 250 Points
- Add a profile picture: 100 Points
- Add your first 5 friends: 250 Points
- Refer a Colleague (up to 5 - 50 points each): 250 Points
- Add friend outside your company: 100 Points

**Yearly**
- Tobacco Free Agreement: 250 Points
- Set a wellbeing goal: 200 Points
- Complete Health Assessment: 2,500 Points

For more ways to earn, visit How to Earn under the Rewards tab on the site — or Program Details on the mobile app.

Sign up now at join.virginpulse.com/MarquetteUniversity

Already a member? Login at member.virginpulse.com

Questions? Contact Member Services at 888-671-9395