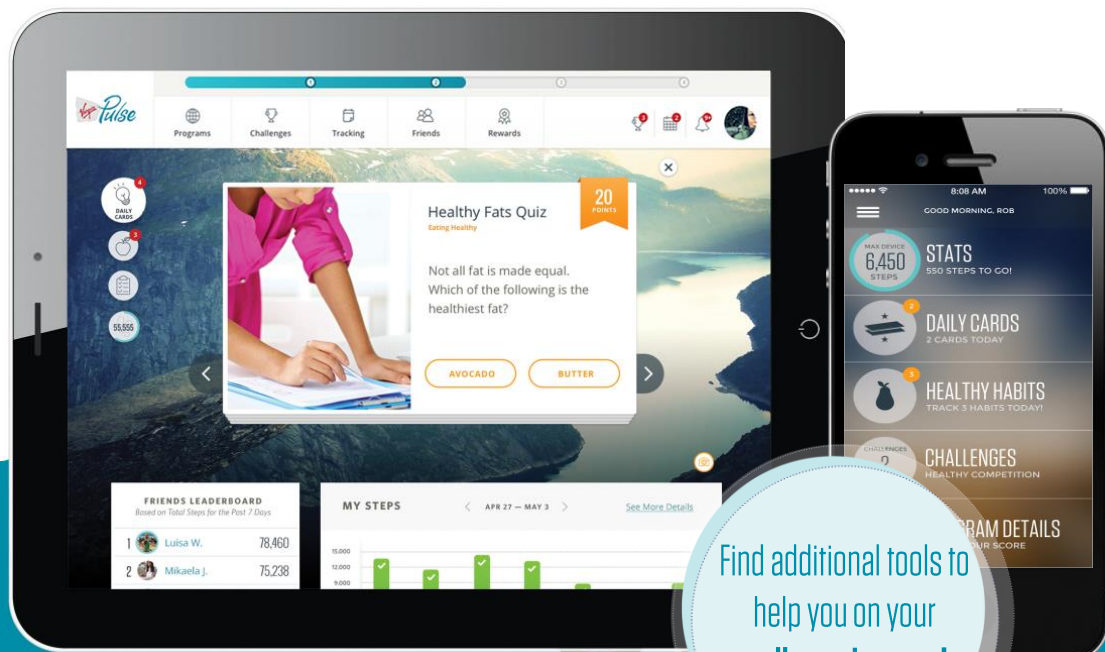




BE WELL, BE YOUR BEST AND YOU CAN BE THE DIFFERENCE FOR OTHERS.

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



Find additional tools to
help you on your
wellness journey!

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!

Your rewards

Earn points between January 1, 2020 – September 30, 2020 to qualify for rewards. Earn entries into quarterly drawings for Pulse Cash (use in Virgin Pulse Store, purchase a gift card or donate to a charity). Employees and spouses enrolled in a Marquette-sponsored medical plan can also earn up to \$125 or up to \$250 each in the form of an FSA or HSA contribution (based on points earned in 2020 and on the medical plan selected for 2021).



DO
HEALTHY THINGS



WIN
POINTS



CELEBRATE
SUCCESSES

	Level 1	Level 2	Level 3	Level 4
POINTS EARNED	3,000	15,000	30,000	45,000
RAFFLE ENTRIES	1 Entry	3 Entries	5 Entries	10 Entries
HSA/FSA CONTRIBUTION	30%	30%	40%	-

How to Earn Points (Here are a few examples)

Activity Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile App)	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	DAILY	Group Fitness Classes	25 Points
		GROW with Marquette Classes	50 Points
	WEEKLY	Meditation Classes	50 Points
	YEARLY	Retire U- Freshman Series	500 Points
		Retire U - Sophomore Series	500 Points
		TIAA Individual Counseling Sessions	100 Points
	2X PER YEAR	Dental Exam	500 Points
3X PER YEAR	Group Fitness Classes (Attend 15 classes/15-week session)	200 Points	
	Group Fitness Classes (Attend 20 classes/15-week session)	300 Points	
	Meditation Classes (Attend 6 classes/8-week session)	200 Points	
	Meditation Classes (Attend all 8 classes/8-week session)	300 Points	
Self Tracking Track Healthy Habits and various activities	DAILY (up to 30 Points/day)	Track your Healthy Habits	10 Points
	MONTHLY	Track Healthy Habits 10 days in a month	400 Points
		Track Healthy Habits 20 days in a month	500 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	400 Points
		Complete 20 daily cards in a month	500 Points
More!	ONE-TIME	Registration	500 Points
		Connect mobile app	250 Points
	QUARTERLY	Set a wellbeing goal	250 Points
	YEARLY	Tobacco Free Agreement	250 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.

Rewards for participating in Marquette University's wellness program are available to all employees. If you think you might be unable to meet a standard for earning points under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Virgin Pulse Member Services and they will work with you (and, if you wish, your doctor) to find an alternative way to earn the same points.

Questions?

Give us a call: (888) 671-9395 | Monday-Friday 8:00am-9:00pm EST

Not a member yet? Don't miss out on all the fun!

Get started today by going to join.virginpulse.com/MarquetteUniversity



MARQUETTE
UNIVERSITY

Wellness