



Complete healthy activities and earn incentives!

2023 PROGRAM AND SERVICES

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

- A personalized wellbeing experience to help you get and stay healthy!
- Earn rewards for completing healthy activities every day!

Who's eligible:

All employees who are participating in a DXC high deductible health plan are eligible to participate in the wellbeing program and earn rewards.

Spouses can participate but they cannot earn incentives.





How to get started

- Step 1** **Sign up for your Virgin Pulse account** by going to join.virginpulse.com/DXC.
Already a member? Sign in at member.virginpulse.com.
- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3** **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
- Step 4** **Upload a profile picture** and add some friends.
- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Get the app:



Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
Points	500	4,000	8,000	12,000	
Rewards					Total rewards per quarter
Employee	\$15	\$30	\$40	\$55	\$140
Employee + Spouse/Dependent	\$30	\$55	\$75	\$105	\$265

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Connect first activity device	200
	First login to mobile app	250
	Add friend outside your company	100
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
Monthly	Win the promoted Healthy Habit Challenge	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
	Self-entered measurements	50
Quarterly	Complete a Journey	150
	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Set a wellbeing goal	200



Earn bonus points!

Want to reach Level 4? Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Annual earnings:

Complete a Next-Steps Consult appointment	\$70
Complete the Health Check Survey	\$70
Biometric Screening	\$250/\$300

Please note: Rewards will be paid in the form of company contributions to your Health Savings Account (HSA). If you do not have an HSA at the time you first earn rewards, a Health Reimbursement Account (HRA) will be established for you, and your Rewards will be credited there. Rewards for COBRA participants (former employees only) will be paid in the form of a payroll check (i.e., not as a deposit to an HSA or HRA).

Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Phone Coaching

Talk to a coach over the phone to set goals and get one-on-one support, expert guidance and answers to your questions.

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 855-824-6440
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.