

Choose how to earn your 2020 health incentive



If you are a spouse/adult benefits recipient enrolled in the medical plan we offer our caregivers and their families, you can choose to participate in Choose Well **before Nov. 15, 2019**, to earn your portion of the 2020 health incentive. **You only need to earn 20,000 Choose Well points*** in order to earn 100 percent of your 2020 health incentive, which is paid starting in January 2020. Earn points by choosing from a variety of well-being activities that build a strong body, mind and spirit. **A caregiver must earn 40,000 points.*

How to enroll

If you previously enrolled in Choose Well to earn your 2019 health incentive, you are automatically re-enrolled to earn your 2020 health incentive. If you're new to Choose Well, please create an account on Virgin Pulse, a powerful tool that helps you track and meet your well-being goals. Enter your name and birthdate to connect your account to the caregiver's:

- **From a computer or device**, visit psjhchoosewell.org. Click **Sign Up** to create an account in Virgin Pulse.
- **From the Virgin Pulse app**: Download it from the App Store (Apple) or Google Play (Android). When prompted for a company code, type **choosewell** to get started.

3 activities you can choose that will get you to 20,000 points quickly

Each day is a new day filled with choices. What will you choose today? We've picked a few options that will make a big impact. There are many more options to choose from in addition to these like logging in regularly to track your fitness activity, read daily cards, and track healthy habits. View them all under **Learn How to Earn More** at the bottom of the **Programs section** in Virgin Pulse.



Take the MyPulse Survey (worth 4,000 points)

Find **My Pulse Survey** under the **Programs section** in Virgin Pulse. Answer questions about your health and well-being to see where you stand and how you can improve to be the best you. If you do not know your biometric values (blood pressure, cholesterol, blood sugar, etc.) simply say "I don't know." *Participation is voluntary and answers are confidential and not shared with your spouse's/ABR's employer or any third party. Virgin Pulse is HIPAA-compliant.*



Visit your health care or behavioral health provider (worth 10,000 points)

If you had a visit with your health care or behavioral health provider between November 2018 and Nov. 15, 2019, you can attest to your visit. Find **Provider Visit** under the **Programs section** in Virgin Pulse, list your provider's name and the date of your visit.

Your provider does not need to sign anything and details of your visit are not shared with your spouse's/ABR's employer.



Complete the Choose Well On-demand Series (four worth 2,500 points each)

Choose Well On-Demand series allows you to participate in reading activities, which cover the topics of whole person care, nutrition, contributing to your community and fitness. This is a great way to find tips or tricks you can practice to become a healthier, happier you. Get started by going to the **Programs section** on Virgin Pulse and clicking on **On-Demand Series**.

Questions?

For help navigating Virgin Pulse or to apply for a reasonable alternative to earn the health incentive based on a qualifying condition, call Virgin Pulse directly at 888-671-9395. For questions about Choose Well or your health incentive, caregivers may call the Benefit Service Center **888-615-6481**.