

# About the 2022 MUS Wellness Incentive Program

We'll help you make small, everyday changes to your wellbeing that are focused 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:

- Earn up to \$40 in Pulse Cash per quarter.
- Complete a MUS WellCheck and earn an additional \$35 in Pulse Cash.\*
- Access personalized tools and support to meet your wellbeing goals.

## Who's eligible:

All MUS Employees/Retirees and their spouses enrolled in the Medical Plan are eligible to participate in the Wellness Incentive Program and earn rewards.

## Have questions? We're here to help.

Check out [support.virginpulse.com](https://support.virginpulse.com)

Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

Live chat on [member.virginpulse.com](https://member.virginpulse.com) | Monday-Friday, 2 am-9 pm ET

Give us a call: **888-671-9395** | Monday-Friday, 8 am-9 pm ET

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at [support.virginpulse.com](https://support.virginpulse.com).

\*Available to non-Medicare enrollees only.



MUS Wellness  
PO Box 173370  
Bozeman, MT 59717

New opportunities with Virgin Pulse begin April 4, 2022.



**Small steps lead to big changes.**

Welcome to your new  
MUS Wellness Incentive Program!





## 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!

### 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.

### My Care Checklist

My Care Checklist is a handy healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place.

### 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.

### Whil Mindfulness

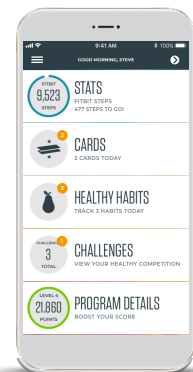
Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

### 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.

## How to get started

- Step 1** Sign up for your Virgin Pulse account by going to [join.virginpulse.com/muswell](https://join.virginpulse.com/muswell). Already a member? Sign in at [member.virginpulse.com](https://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 fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)
- 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.



## Rewards





- 1** Complete a MUS WellCheck and receive a \$35 Pulse Cash reward in 2022.\*
- 2** You can participate in additional healthy activities to earn points and watch your additional Pulse Cash for 2022 add up.

	Level 1 >	Level 2 >	Level 3 >	Level 4	Additional rewards max for the quarter
Points	1,000	5,000	12,000	20,000	
Rewards	\$10	\$10	\$10	\$10	\$40
<b>Annual incentive total: \$40 x 4 quarters =</b>					<b>\$160</b>

## How to earn



	Do healthy things	Points
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
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
	Complete a step in Journeys®	20
Monthly	 20-Day Triple Tracker	400
	 Track Healthy Habits 20 days in a month	300
Yearly	Set a wellbeing goal	200
	Complete the Nicotine-Free Agreement	100

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



**= Bonus points!** Get to Level 4 faster by completing bonus activities like these.

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