



**Earn rewards
each year!**

Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—\$150 in Premium Credit or HSA Contribution in 2023.

What you can earn:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Points	3,000	6,000	12,000	24,000
Rewards	\$5 in Pulse Cash	\$5 in Pulse Cash	\$10 in Pulse Cash \$150 in Premium Credit or HSA Contribution	\$30 in Pulse Cash

Use your Pulse Cash:



Visit the store



Donate it



Get a gift card



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	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check survey	1,000
	Complete your biometric screening	500
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
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a RethinkCare session	20
	Browse healthy recipes	10
	Complete a step in Journeys®	20
	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	★ Take 10,000 steps 20 days in a month	500
	Take validated measurements	500
Join the company challenge	100	
Complete a coaching appointment	250	
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Win the promoted Healthy Habit Challenge	200
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Complete the Nicotine-Free Agreement	250
	Add friends outside your company	100

★ 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.

Who's eligible?

All employees are eligible to participate in the wellbeing program and earn rewards.



Not a member yet?
Get the mobile app or visit:
 brighterliving.dsm.com

