




# Join WellStyles Today!

**Earn up to \$300 while improving your health and wellness!**

WellStyles is your personalized health and wellness program that runs from **July 1- June 30**. WellStyles is designed to meet you where you're at in your health journey. Our members spend an average of 50 hours per week at work, and we're here to help you carve out time for yourself. Because optimal health is for everyone.

**In addition to \$300, those on the HDHP earn their \$950 HSA contribution for submitting their wellness exam on the platform.**

## What you can earn:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<b>Points</b>	5,000	15,000	35,000	60,000	80,000
<b>Rewards</b>	\$25	\$100	\$190	\$300	

## How to get started:



Sign up for your account by going to [join.virginpulse.com/wellstyles](http://join.virginpulse.com/wellstyles)



Sign up with your information as it appears with your employer



Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime.



*Please note: If you create an account through the app, you will need to enter the sponsor name.*

**Sponsor Name: WellStyles**

## Who is this for?

All employees at Glendale Elementary School District are invited to sign up. Once you're signed up, be sure to invite your coworkers to join in on the fun!

## Questions?

If you need assistance, please contact the WellStyles team at [info@wellstyles.org](mailto:info@wellstyles.org).



# A quick guide to success:

For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "My Earnings" for a full list.

Activity	Monthly Points Earned
<b>Daily Cards (20 points each)</b>	
Complete 2 Daily Cards, 5 days a week	200
Bonus: Complete 10 Daily Cards in a month	100
Bonus: Complete 20 Daily Cards in a month	200
<b>Healthy Habits (10 points each)</b>	
Track Healthy Habits, 3x a day for 5 days a week	150
Bonus: Track Healthy Habits 10 days in a month	200
Bonus: Track Healthy Habits 20 days in a month	300
<b>Step Tracking (7,000 steps in a day = 70 points)</b>	
Take 7,000 steps a day for 5 days a week	400
20-Day TT: 7,000 steps/15 active min/15 workout min	400
20-Day TT: 10,000 steps/30 active min/30 workout min	500
<b>Sleep Tracking (10 points per night)</b>	
Track Sleep Manually 5 days a week	50
Bonus: Track Sleep 10 days in a month	100
Bonus: Track Sleep 20 days in a month	200
Bonus: Sleep > 7 hours 20 days in a month	500
<b>Healthy Habit Challenges</b>	
Healthy Habit Challenge	200
Create a Personal Challenge	50
<b>Monthly Virtual WellStyles Events</b>	
Wellness Window x9	350
Healthy Habit Coaching Call x9	350

WellStyles Event points are awarded by Voucher Codes. These 10-digit codes can be applied to your account by clicking on Rewards then by clicking on Redeem a Voucher.

**up to 7,350**

**TOTAL MONTHLY POINTS**

Activity	Yearly Points Earned
<b>Health Assessment</b>	
Health Assessment	2,500
Find the Health Assessment by clicking on Rewards and scrolling down to the Survey section and click on Health Assessment.	
<b>Preventative Care</b>	
Dental Exams	5,000
Vision Exam	2,500
Preventative Vaccines	5,000
Cancer Screenings	15,000
Wellness Exam	20,000

*Note: Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam/screening. For example, a doctor's note or your explanation of benefits from your medical insurance provider.*

<b>Additional Rewards</b>	
WellStyles Annual Survey	1,000
Step Challenges	4,000
Spring Step Challenge	2,000
Additional WellStyles Events x2	600
Blood Glucose (A1C Test)	5,000
Virta Diabetes Reversal Program	2,500 (5,000 max)
Real Appeal Enrollment	2,500 (5,000 max)
Volunteer Opportunity	500 (2x per year)
<b>TOTAL YEARLY POINTS</b>	<b>up to 21,600</b>

## Have questions about the platform?

View our WellStyles Tech-Tip page that has short and sweet tech tip videos designed to help you navigate the WellStyles platform and achieve your health and wellness goals with ease.

