

Ways to Earn Points in Virgin Pulse

ACTIVITY	Points
DAILY	
Take 1,000 steps in a day	10
Take 2,000 steps in a day	20
Take 3,000 steps in a day	30
Take 4,000 steps in a day	40
Take 5,000 steps in a day	50
Take 6,000 steps in a day	60
15 active minutes in a day	70
Workout for 15 mins in a day	70
Take 7,000 steps in a day	70
Take 8,000 steps in a day	80
Take 9,000 steps in a day	90
30 active minutes in a day	100
Workout for 30 mins in a day	100
Take 10,000 steps in a day	100
Take 11,000 steps in a day	110
Take 12,000 steps in a day	120
Take 13,000 steps in a day	130
45 active minutes in a day	140
Workout for 45 mins in a day	140
Take 14,000 steps in a day	140
	Max/day: 140
MONTHLY	
20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
ONETIME	
Connect first activity device	200
CARDS	Points
DAILY	
Do your daily cards	20
MONTHLY	
Complete 10 daily cards in a month	100
Complete 20 daily cards in a month	200
CHALLENGES	Points
MONTHLY	
Creating a personal challenge	50
Create a team in the company challenge and recruit enough players to fill it	50
Post a chat comment at least once a week for all weeks of the challenge	50
Join the company challenge	100
Join personal challenge	100
Reach final destination in the destination challenge	100
Track at least once a week for all weeks of the challenge	100
Reach final challenge stage	400

GAME	
Unlock a destination in the destination challenge	25
CUSTOM	Points
DAILY	
Complete an Aaptiv workout	50
WEEKLY	
Complete a Kaia class	50
Reply to an EX Text Message	50
Visit the EX Community	50
Complete 3 Aaptiv workouts	100
Complete an Enrich course	250
MONTHLY	
Complete the Enrich Financial Wellness Checkup	100
Complete an Ovia Fertility Coach Interaction	100
Complete an Ovia Parenting Coach Interaction	100
Complete an Ovia Pregnancy Coach Interaction	100
Complete an EX Live Chat Session	200
PROGRAM	
Take Ovia Fertility Assessment	500
Take Ovia Parenting Assessment	500
Take Ovia Pregnancy Assessment	500
Preventive Care Screening	4500
ONETIME	
Complete the Enrich Money Personality	50
Create Aaptiv account	250
Take Kaia Self-Assessment	250
Enroll in Ovia Fertility	250
Enroll in Ovia Pregnancy	250
Complete first meeting with Kaia Mentor	500
GENERAL	Points
QUARTERLY	
Set your interests	100
ANNUALLY	
Invite a colleague to join	50
PROGRAM	
Complete Nicotine-Free Agreement	100
Set a wellbeing goal	200
JOURNEYS	Points
DAILY	
Complete a Journey Step	20

QUARTERLY	
Complete a Journey	150
MEASUREMENT	Points
MONTHLY	
Self entered measurements	50
Ideal or improved blood pressure	250
Ideal or improved body mass index	250
Take validated measurements	500
PROGRAM	
Ideal or improved A1C	150
Ideal or improved total cholesterol	150
Ideal or improved triglycerides	150
Ideal or improved waist circumference	150
Ideal or improved fasting glucose	150
Ideal or improved non-fasting glucose	150
Ideal or improved cholesterol (HDL)	150
Ideal or improved cholesterol (LDL)	150
Ideal or improved body fat levels	150
MENTAL WELLBEING	Points
DAILY	
Complete a Whil session	20
WEEKLY	
Complete a Whil program	50
MONTHLY	
Complete 10 Whil sessions in a month	100
Complete 20 Whil sessions in a month	200
NUTRITION	Points
DAILY	
Browse healthy recipes	10
Daily calorie tracking	20
WEEKLY	
Favorite a recipe	10
Add a recipe to grocery list	10
MONTHLY	
Track calories 10 days in a month	200
Track calories 20 days in a month	300
QUARTERLY	
Choose your eating type	250
ONETIME	
Connect calorie tracker	100
ONETIME	Points
ONETIME	
Add a profile picture	100
Complete registration	100
Add 5 friends	250
First login to mobile app	250
SLEEP	Points

DAILY	
Track sleep manually	10
Track sleep nightly	20
Sleep > 7 hours in a night	50
MONTHLY	
Track sleep 10 days in a month	100
Track sleep 20 days in a month	200
Sleep > 7 hours 20 nights in a month	500
QUARTERLY	
Choose your sleep profile	250
SURVEY	Points
PROGRAM	
Complete the Health Check Survey	3000
TRACKING	Points
DAILY	
Track your healthy habits	10
MONTHLY	
Track Healthy Habits 10 days in a month	200
Track Healthy Habits 20 days in a month	300
ONETIME	
First time tracking healthy habits 5 days in a month	100
CRMC SPECIFIC	Points
PER EVENT	
Donate Blood at sponsored Vitalant event	750
VOLUNTEERING	Max 2400/year
2 Hours	300
4 Hours	600
6 Hours	900
8 Hours	1200
10 Hours	1500
12 Hours	1800
14 Hours	2100
16 Hours	2400