

**FIND YOUR
BALANCE**
EQUAL PARTS HEALTH & WELLNESS



There are many ways to earn BYOB points, from being physically active to being mindful. Here's a complete list of BYOB points. Your points turn into Pulse Cash that you can spend however you want. Learn more at join.virginpulse.com/byob.

BYOB PHYSICAL ACTIVITIES

DAILY	POINTS
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
Work out for 15 minutes 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
Work out for 30 minutes 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
Work out for 45 minutes in a day	140
Take 14,000 steps in a day	140
MONTHLY	POINTS
Take 7,000 steps 20 days in a month	400
20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
Take 10,000 steps 20 days in a month	500
20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
ONETIME	POINTS
Connect first activity device	200

BYOB DAILY CARDS

DAILY	POINTS
Do your Daily Cards (2 cards per day)	40

MONTHLY

Complete 10 Daily Cards in a month	100
Complete 20 Daily Cards in a month	200

BYOB CHALLENGES

MONTHLY POINTS

Creating a personal challenge	50
Reach 10% of your challenge goal	50
Reach 25% of your challenge goal	50
Reach 50% of your challenge goal	50
Reach 75% of your challenge goal	100
Join personal challenge	100
Reach 100% of your challenge goal	200
Reach 110% of your challenge goal	200
Win the promoted healthy habit challenge	200

QUARTERLY

	POINTS
Post a chat comment at least once a week for all weeks of the challenge	100
Reach final destination in the destination challenge	100
Track steps at least once a week for all weeks of the challenge	100
Unlock a destination in the destination challenge	100
Join the Company Challenge	100
Fifth Place Team (Total Steps) [Basic, Staged, Destination]	100
Achieve Threshold Individual (Total Steps) [Basic, Staged, Destination]	200
Fourth Place Team (Total Steps) [Basic, Staged, Destination]	200
Create a team in the company challenge and recruit enough players to fill it	250
Third Place Team (Total Steps) [Basic, Staged, Destination]	300
Second Place Team (Total Steps) [Basic, Staged, Destination]	400
First Place Team (Total Steps) [Basic, Staged, Destination]	500

ONETIME POINTS

Add friend outside your company	100
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BYOB CUSTOM SESSIONS

AS AVAILABLE POINTS

Session Coffee Talks	25
Session Attendance	50

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BYOB GENERAL PROGRAM ACTIONS

QUARTERLY	POINTS
Set your interests	100

PROGRAM	POINTS
Invite Colleague to Join (five people/50 pts each)	250
Set a wellbeing goal	200
Complete Nicotine-Free Agreement	250

BYOB JOURNEYS

MONTHLY	POINTS
Self-entered measurements	50
Ideal or improved blood pressure	250
Ideal or improved body mass index	250
Take validated measurements	500

BYOB MENTAL WELL-BEING

DAILY	POINTS
Complete a RethinkCare session	20

WEEKLY	POINTS
Complete a RethinkCare program	50

MONTHLY	POINTS
Complete 10 RethinkCare sessions in a month	100
Complete 20 RethinkCare sessions in a month	200

ONETIME BYOB PROGRAM ACTIONS

ONETIME	POINTS
Add a profile picture	100
Complete registration	100
Add 5 friends	250
First login to mobile app	250

BYOB NUTRITION ACTIVITIES

DAILY POINTS

Browse healthy recipes	10
Daily calorie tracking	20

WEEKLY POINTS

Add a recipe to grocery list	10
Favorite a recipe	10

MONTHLY POINTS

Track calories 10 days in a month	200
Track calories 20 days in a month	300

QUARTERLY POINTS

Choose your eating type	250
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ONETIME POINTS

Connect calorie tracker	100
First login to mobile app	250

PARTICIPATION IN THE BYOB PROGRAM

MONTHLY POINTS

Watch a Schwab Universal webcast (on-demand, live)	50
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PROGRAM POINTS

Complete 5 Pivot Lessons	500
Complete 2 dental cleanings	1000
Complete a colon cancer screening	1000
Complete a disease management program	1000
Complete a mammogram	1000
Complete Annual Physical	1000
Complete a pap test	1000
Complete a prostate cancer screening	1000
Complete a skin cancer screening	1000
Complete a vision exam	1000
Complete a Biometric screening (within applicable months only)	1000

ONETIME POINTS

Add or view your beneficiary(s)	100
Download the Maven mobile app on iOS or Android	100
Download Schwab App	100

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PARTICIPATION IN THE BYOB PROGRAM (CONTINUED)

ONETIME

	POINTS
Enroll and log in to the Pivot App	100
Complete an Introductory Appointment with your Maven Care Advocate	200
Create and Authenticate a Maven Account	200
Complete a Consultation Advice Session with Schwab	400

BYOB RECOGNITION

MONTHLY

	POINTS
Give a shoutout	100

BYOB SLEEP ACTIVITIES

DAILY

	POINTS
Track sleep manually	10
Track sleep nightly	20
Sleep > 7 hours in a night	50

MONTHLY

	POINTS
Track sleep 10 days in a month	100
Track sleep 20 days in a month	200
Sleep > 7 hours 20 days in a month	300

QUARTERLY

	POINTS
Choose your sleep profile	250

BYOB SURVEY PARTICIPATION

PROGRAM

	POINTS
Complete the Health Check Assessment	2500

BYOB TRACKING ACTIVITIES

DAILY

Track your Healthy Habits (3 each day)

POINTS

30

MONTHLY

Track Healthy Habits 10 days in a month

POINTS

200

Track Healthy Habits 20 days in a month

300

ONETIME

First time tracking Healthy Habits 5 days in a month

POINTS

100