

Well-being Rewards

The more activities you complete the more you can earn.

The H&R Block Well-being program provides the tools & resources you need to achieve a healthier lifestyle. H&R Block partners with Virgin Pulse to offer you more healthier activities than ever before and the ability to spend your rewards on the Virgin Pulse platform.



Do
Activities



Earn
Points



Celebrate
Success

	>	>	>	>	Keep going!
	Level 1	Level 2	Level 3	Level 4	
Points	2,000	6,000	12,000	16,000	
Associate Rewards	\$10	\$20	\$30	\$40	
Spouse Rewards	\$5	\$10	\$15	\$20	

Each **quarter**, associates have the opportunity to earn up to \$100 in Rewards and spouses can earn up to \$50 each **quarter**.

Not a member yet?

Don't miss out on all the opportunities! Get the mobile app or go to join.virginpulse.com/blockwellbeing



How to use PulseCash:



Visit the store.



Donate it.



Get a gift card.

Examples of ways to earn:

	Do healthy things		Earn points
Physical Activity	Take 7,000 steps in a day	Daily	70
	Workout for 15 minutes in a day	Daily	70
	Take 7,000 steps 20 days in a month	Monthly	400
Challenges	Join personal challenge	Monthly	100
	Win the promoted healthy habit challenge	Monthly	200
Mental Well-being	Complete 20 Whil sessions in a month	Monthly	200
Sleep	Track sleep nightly	Daily	20
	Sleep >7 hours in a night	Daily	50
	Choose your sleep profile	Quarterly	250
Nutrition	Daily calorie tracking	Daily	20
	Favorite a recipe	Weekly	10
	Choose your eating type	Quarterly	250
One-Time	Connect activity device		200
	Complete Biometric Screening		3,000
	Connect calorie tracker		100

Integrated Partners Earn points when you engage with Livongo, Omada, Your Anthem Nurse or Anthem Future Moms

Points are used to reward participation in the Virgin Pulse program. You earn Points for tracking your daily activity. Points need to be deposited into your account by the last day of each calendar quarter and the points reset with the first day of each quarter.

For more ways to earn, visit **How to Earn** under the Rewards tab on the site — or **Program Details** on the mobile app.

Need additional resources? Go to DNA > Career & Development > Well-being Resources. See the User Guide for a complete step-by-step manual of how to navigate the Virgin Pulse website and mobile app.

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Contact Member Services: 888-671-9395
Monday-Friday 8:00 am to 9:00 pm EST

