

COUPE HEALTH

Wellness Program

With the Coupe health and wellness program, members earn points and rewards when they complete various activities within the platform.

Points earned can be put towards:

- Entries into a quarterly \$100 Pulse Cash raffle
- Votes to support a charity that Coupe Health will donate to at the end of the year.

Pulse Cash can be redeemed three ways:

- E-Gift Cards from a variety of major retailers
- Credit toward purchases on the Virgin Pulse Store
- Donation to a list of non-profit organizations

Ways to Earn:

Everything members need to know about the Coupe wellness program is accessible from the Rewards page in the platform; including a program overview, how to earn points, a points tracker, and how to redeem Pulse Cash if they win the quarterly raffle. Here are some examples of ways to earn:

Complete registration	Add 5 friends or a friend outside your company	Connect a calorie tracker / daily calorie tracking
Log into the mobile app	Complete a coaching appointment	Complete a Preventative Cancer Screening
Taking 1,000 - 14,000 steps in a day	Set your interests	Complete a Preventative Eye Exam
15 - 45 active minutes in a day	Set a well-being goal	Complete a Preventative Dental Exam
Connect an activity device	Complete a Journey step	Track sleep
Do your daily cards	Self-enter measurements	Choose a sleep profile
Create or join a personal challenge	Ideal or improved blood pressure	Track healthy habits
Win the promoted healthy habit challenge	Ideal or improved body mass index (BMI)	Participate in one of the clinical solution offerings included in your plan.
Reach the destination in a challenge	Browse / favorite healthy recipes	... and more!

Members can engage in activities that fit their interests:

Daily Cards

Every day we will send you two new tips to help you live well. Plus, we will make sure they're about the areas that interest you the most.

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

My Care Checklist

My Care Checklist is a handy, personal healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Pillars and Topics We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need—fast. Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

Phone Coaching

Talk to a professional clinician and coach over the phone to get one-on-one support, expert guidance and help navigating your healthcare questions.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the new Shoutout feature found under the Social tab.

Sleep Guide

What is your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Whil Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.