



**Earn up to
\$500
per year!**

Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to \$500 in Pulse Cash in 2023.

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	500	5,000	10,000	15,000	
Pulse Cash	\$10	\$20	\$35	\$60	\$125

Pulse Cash annual max: \$500*

*You can earn a total of \$1,000 if your spouse/partner participates as well.

Use your Pulse Cash:



Visit the store



Donate it



Get a gift card

Disclaimer: Per federal law, Pulse Cash earned will be considered taxable income. You will be taxed on your paycheck each time you (or your spouse/domestic partner) earn Pulse Cash throughout the year.



© Virgin Pulse 2023

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Invite a colleague to join (5x)	50
	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check survey	1,000
	Complete your My Wellbeing Numbers Biometric Screening	1,000
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep >7 hours in a night	50
Monthly	Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	★ Monthly Milestone: 20 days in a month tracking 7,000 daily steps or 15 activity minutes in a day	400
	★ Take validated measurements	500
General Mills*	Complete the Spring Health Assessment	250
	Activate your Spring Health benefit	500
	Complete the Financial Wellness Assessment with Financial Finesse	250
	Track Your Weight with Omada	150
	Complete 8 exercise therapy sessions with Hinge Health	500

*Browse the Benefits page

Check out your **Benefits** page for a collection of programs that cater to a range of different interests. Whether you want to dedicate time to your mental health, seek financial guidance or want to improve your physical health, there's something for everyone. Choose from programs like Spring Health, Financial Finesse, Omada, Livongo, Hinge Health and more.

★ Earn bonus points!

Want to reach Level 4? Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Who's eligible?

U.S. benefit-eligible salaried and non-union production employees (including Cedar Rapids) and covered spouses/partners.



Not a member yet?
Get the mobile app or visit:
join.virginpulse.com/GeneralMills

