



PriorityWell
POWERED BY VIRGIN PULSE

Build a better you

PriorityWell® helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

How to join

1. Go to **member.priorityhealth.com** to sign up or log in to your member account
2. Choose **Healthy Living**, then click **Wellbeing Hub**
3. Accept the terms and conditions
4. If you prefer an app experience, download the Virgin Pulse mobile app from the App Store or Google Play



Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Personalize your experience

Go to the **Profile** tab and discover the many ways you can customize your wellbeing program. Choose your email preferences, connect your activity tracker or another wellbeing app and upload a profile picture. Then be sure to set your interests by going to **More > Topics of Interest** to make your experience focus in on what matters to you most.

Complete the Health Assessment

The Health Assessment asks questions about your current health status and wellbeing habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your wellbeing. Complete the survey by visiting **Health Assessment** under the **Health** tab.

Track your Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits > Discover More** to change up the habits you try over time.

PriorityHealth 

MDA Choice Benefits

Good health comes with rewards—and less money out of your pocket when it comes to your medical benefits. Choice Benefits mean lower deductibles, copays and coinsurance.

Earning Choice Benefits: Achieve 10,000 points in Virgin Pulse through a variety of engaging activities and you earn Choice Benefits for the year. Your benefits will move to Standard Benefits if you have not reached your 10,000 point goal within 3 months of the start of your program year. However, you can earn Choice Benefits anytime during the program year.

Complete your health assessment to earn 5,000 points. Complete your annual PCP visit and reach ideal or improved biometric values to earn 5,000 points.

	Points	Rewards
LEVEL 1	10,000	Choice Benefits
LEVEL 2	15,000	\$15 Pulse Cash
LEVEL 3	25,000	\$35 Pulse Cash
LEVEL 4	40,000	\$50 Pulse Cash

Here's a **sampling** of how you can achieve Choice Benefits and be eligible to **keep earning** Pulse Cash:

Ways to earn	Points
Health Assessment	5,000
Take validated measurements	2,500
Ideal or improved blood pressure	250
Ideal or improved body mass index	250
Ideal or improved fasting glucose	250
Ideal or improved non-fasting glucose	250
First login to mobile app	250
Set a wellbeing goal	200
Track sleep 20 days in a month	250
Track Healthy Habits 20 days in a month	300
Complete the Tobacco-Free Agreement	250
Take 10,000 steps in a day	100

Members can earn up to \$100 in Pulse Cash every year. Pulse Cash can be redeemed for gift cards, merchandise in the Virgin Pulse store or a charitable donation!

Visit **Rewards** for a complete list of all the ways you can earn points.

Additional activities

Prioritize and personalize your experience by engaging in resources to help improve your wellbeing:

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys@: Try this digital coaching program to make simple changes to improve your health, one step at a time.

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

Challenges: Team up with others to create new habits with some healthy competition.

Nutrition Guide: Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide: What's 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.

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

Social Groups: Getting healthier and learning something new is easier with friends. Join a group (or start your own) to stay motivated, chat with others and achieve goals together.

Have questions? We're here to help.

- Check out **support.virginpulse.com**
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 855-927-2166
Monday–Friday, 8 am–9 pm ET
- Send us an email: **support@virginpulse.com**

Unsure if you can fully participate in this program because of a disability or medical condition?

Visit **support.virginpulse.com** and check out the Medical Exceptions section under **My Account**.