



## CHOC Fit with Virgin Pulse

# Rewarding in every way

We'll help you make small, everyday changes for your well-being and focus on the areas you want to improve the most. With CHOC Fit, you'll build healthy habits and experience the benefits of these lifestyle choices.

### Who's eligible?

All benefits-eligible employees and spouses are eligible to participate in CHOC Fit and earn rewards.

### Take advantage of personal coaching in 2024!

During confidential one-on-one phone sessions, Virgin Pulse coaches will help you manage your emotional health, build resilience and grow your well-being.

Our suite of services will help you find your center and focus on you. Whether you're looking for lifestyle support, guidance on managing stress or help managing a chronic condition, CHOC Fit will meet you where you are.



# Meet your partners in health

Check out the suite of services available to our associates.

## Coaching

Try one-on-one coaching for practical guidance and answers to all your health and well-being questions. Connect with a coach to set meaningful goals, overcome obstacles and get constructive advice. Virgin Pulse coaches can help uncover your motivation and provide accountability for a healthier lifestyle. Go to the **Health** tab and choose **Coaching** to get started.

## Health Check

The **Health Check** asks questions about your current health status and well-being habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain your well-being. You'll find the survey under the **Health** tab.

## kaia health

### Pain Management

**Kaia Health** is a digital therapy program that combines exercise and mindfulness to manage pain in a natural way. Kaia Health offers built-in vision technology that provides real-time corrective exercise feedback using your phone camera.



### Biometric Screenings

Get vital health information by completing a convenient 10-minute biometric screening at a **Quest Diagnostics** lab. You'll learn key health measures such as blood pressure, cholesterol and BMI, as well as your risk for developing chronic conditions such as diabetes and heart disease.



### Mental Well-being

**Koa Health** provides effective mental health resources for all points on your unique journey. With focus areas including burnout, sleep, stress, loneliness and social anxiety, Koa's evidence-based techniques involve cognitive behavioral therapy (CBT), mindfulness, meditation and more.

## NOOM

### Weight Management

**Noom** is a weight loss program that helps you change your habits and mindset around food. With daily lessons tailored to your personal goals, you'll have the knowledge and tools to build long-lasting behaviors.



### Physical Activity

With over 1,000 expert-led virtual fitness classes, **Wellbeats** has something for every age, stage, interest and ability level. The nutrition category features cooking tutorials and recipes, while mindfulness classes focus on meditation, breath and movement.

## oviahealth

### Pregnancy & Parenting

**Ovia Health** provides expert content and tips as well as personalized health insights during some of life's biggest transitions, like starting a family, navigating pregnancy and balancing life as a working parent.



## How to get started

- Step 1**      **Sign up for your Virgin Pulse account** by going to [join.virginpulse.com/CHOC](https://join.virginpulse.com/CHOC).  
Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com).
- Step 2**      **Accept the terms and conditions** and choose your email preferences to get the latest tips and information.
- Step 3**      **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. Virgin Pulse syncs with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
- Step 4**      **Upload a profile picture** and add some friends.
- Step 5**      **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6**      **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

**Get the app:**



# Rewards

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
<b>Points</b>	10,000	30,000	45,000	70,000	
<b>Medical Plan Rewards</b>	\$75 Premium Discount	\$75 Premium Discount	\$75 Premium Discount	\$75 Premium Discount	<b>\$300 Premium Discount</b>
<b>Nonmedical Plan Rewards</b>	\$50 in Pulse Cash	\$50 in Pulse Cash	\$50 in Pulse Cash	\$50 in Pulse Cash	<b>\$200 in Pulse Cash*</b>
<b>Spouse/domestic partner Rewards</b>	\$25 in Pulse Cash	\$25 in Pulse Cash	\$25 in Pulse Cash	\$25 in Pulse Cash	<b>\$100 in Pulse Cash*</b>

\*Pulse Cash can be exchanged for gift cards.

## 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:
<b>Daily</b>	Track your daily steps	<b>Up to 140</b>
	Log all your meals with Noom**	<b>50</b>
	Track sleep nightly	<b>20</b>
	Track your Healthy Habits	<b>10</b>
<b>Weekly</b>	Complete a Kaia class**	<b>100</b>
	Complete a Koa Health program**	<b>300</b>
<b>Monthly</b>	Complete a coaching session** (3 sessions total)	<b>1500</b>
	Complete a Journey®	<b>150</b>
<b>Yearly</b>	Visit your physician and complete your physical exam	<b>3,000</b>
	Complete a biometric screening with Quest Diagnostics	<b>9,750</b>

\*\*Rewards only available to associates

### Have questions? We're here to help.

- Check out [support.virginpulse.com](https://support.virginpulse.com)  
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395  
Monday–Friday, 8 am–9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

Not sure if you can fully participate in this program because of a disability or medical condition?

Visit [support.virginpulse.com](https://support.virginpulse.com) and search **Medical Exceptions**.