About the new Live Your Whole Life Program

At Trinity Health, we believe that our own spiritual, mental, emotional, physical, financial and social well-being positively affects the quality of life not only for ourselves, but also for our families and those we serve. Starting January 2, 2020, you will experience Live Your Whole Life in a whole new way.

Key changes:
• New mobile app
• Additional incentive quarter
• Peer to Peer challenges
• Add friends and family (up to 10) to support your well-being journey.
• Achieve level 4 each quarter by completing Live Your Whole Life activities to maintain your lower per pay cost for medical benefits.
• The health assessment and biometric screening (if applicable) are still available to earn points, but are not required.
• Greater variety of ways to earn points. There is something for everyone!

Have questions? We're here to help.
Check out support.virginpulse.com
Live chat at mybenefits.trinity-health.org/lywl
Monday – Friday 8:00 am to 9:00 pm EST

Not sure if you can fully participate in this program due to medical hardship? Check out the Program Page to access the Participation Exception Request Form.
Already a member? Log in at mybenefits.trinity-health.org/lywl.

Give us a call: (855) 491-8781
Monday – Friday, 8:00 am to 9:00 pm EST
Send us an email: support@virginpulse.com
Get quick, simple tips

Learn easy-to-do, daily tips to help you get more active, eat well, manage life’s ups and downs — and much more.

Nutrition Guide
Choose 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.

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

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

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

How to get started

Step 1 Sign up for your new Live Your Whole Life account by going to mybenefits.trinity-health.org/lywl.

Step 2 Accept the terms and conditions, and choose your email preferences to get the latest tips and information.

Start earning points by completing these optional steps:

Step 3 Connect a device to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

Step 4 Download the Virgin Pulse mobile app in the App Store or Google Play and you can access Live Your Whole Life anywhere, anytime.

Step 5 Upload a profile picture and add some friends. Important: Medically enrolled spouses and eligible adults should enroll in the Live Your Whole Life experience following Step 1 and should not be invited through the Add Friends option.

Step 6 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

What you can earn each quarter

<table>
<thead>
<tr>
<th>Points</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
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</thead>
<tbody>
<tr>
<td>500</td>
<td>1,000</td>
<td>2,500</td>
<td>5,000</td>
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</tbody>
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*Earn 5,000 points to reach Level 4 in Quarter 4 (January – March). Quarter 2 (April – June) and Quarter 3 (July – September). To maintain your lower per pay cost for medical coverage. In Quarter 4, continue to participate and make progress toward your well-being goal.

Incentive Maintained! Points for completion will be awarded in the quarter in which any paper form is processed, such as your Health Assessment, Biometric Screening (if applicable) and Participation Exception form.

**Quarter 1** January 1 – March 31
**Quarter 2** April 1 – June 30
**Quarter 3** July 1 – September 30

Quarterly
- Choose your eating type using the Nutrition Guide: 250 points
- Choose your sleep profile: 250 points
- Set a well-being goal: 200 points
- Tobacco-Free Agreement: 250 points
- Complete the health assessment: 2,500 points
- Take the Trinity Physical Activity Pledge: 500 points

Points for completion will be awarded in the quarter in which any paper form is processed, such as your Health Assessment, Biometric Screening (if applicable) and Participation Exception form.