

# REWARDS

The more you do, the more you earn.

It's easy to earn rewards by making healthy decisions. Complete healthy activities and watch your rewards add up—up to \$150 per year in Pulse Cash! Collect rewards once you've completed all actions labeled PRIORITY.

Complete these PRIORITY activities to earn Pulse Cash:

Complete by  
November 30, 2022

Complete a Health Assessment

Complete the Leidos Integrity Pledge

Review the Leidos Mission, Vision, and Values

Simply finish your priority activities to unlock your rewards and continue earning them!

	Level 1 >	Level 2 >	Level 3 >	Level 4	Rewards max for the program year
Points	7,000	25,000	40,000	60,000	
Pulse Cash	\$25	\$35	\$40	\$50	\$150

See [ways to earn points](#) on the next page >

Who's eligible:

All U.S. benefits eligible employees and spouses/domestic partners are eligible to participate in the well-being program and earn rewards.



## Highlighted ways to earn points:

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

	Do healthy things	Earn points
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Assessment	1,000
Daily	Track steps via an activity tracker or manually upload steps (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly (manually tracked or synced from device)	20
	Sleep > 7 hours in a night (Applies to only synced activity)	50
	Browse healthy recipes	10
	Complete a step in Journeys®	20
Monthly	Win the Leidos Healthy Habit Challenge	100
	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
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Take validated measurements	250
	Join the Leidos sponsored company challenge	100
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Invite a colleague to join	50
	Freedom from Smoking Tobacco Cessation Coaching (employees only)	1,000
	Greenstone Employee Volunteer Tracking (employees only)	200
	Attend a Vanguard Retirement Webinar (employees only)	200
	Attend a Prudential Financial Wellness Webinar (employees only)	200
	Participate in SmartPath Coaching (employees only)	500
	Attend a SmartPath Webinar (employees only)	200
	Complete your BioScreening	5,000
	Get a Teladoc Consultation (employees only)	1,000
	Get a Preventive Screening (Employees Enrolled in a Healthy Focus Medical Plan)	5,000
	Condition Management Program Participation (Employees in a Healthy Focus Medical Plan)	2,500
	Prenatal Program Participation (Employees in a Healthy Focus Medical Plan)	5,000
	Livongo—Check Your Glucose (15x per month) (Employees in a Healthy Focus Medical Plan)	1,000
	StepIn Weight Management Program Participation (Employees in a Healthy Focus Medical Plan)	1,000
	Get a Preventive Dental Screening (Employees Enrolled in Delta Dental only)	2,000
	Get a Preventive Vision Screening (Employees Enrolled in VSP only)	2,000

**Not a member yet?** Don't miss out on all the fun! Get the mobile app or go to [join.virginpulse.com/leidos](https://join.virginpulse.com/leidos).

