

The 2023 DuPont Healthy Living Program with Virgin Pulse

Make small, everyday changes for improved wellbeing and focus on the areas you want to improve the most. We're changing it up this year. **Act Now!!!**

Complete these activities to earn Premium Credit for 2024:

Complete by September 30, 2023	Complete a biometric screening OR	Fast Pass to \$480
	Reach Level 2 for Q1, Q2, & Q3	\$160 per Quarter for \$480 Total

Total Maximum Premium Credit = \$480

Also, participate in additional healthy activities throughout the year to earn points and watch your Pulse Cash for 2023 add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Additional total rewards per quarter
Points	2,000	6,000	14,000	20,000	
Pulse Cash	\$10	\$15	\$20	\$30	\$75

Pulse Cash annual max: \$75 x 4 quarters = \$300

Whether you want to feel energized, reduce stress, lose weight, become financially empowered, or live healthier than ever — DuPont offers a free, easy-to-use wellbeing program to help you get there.

Enroll at www.myhealth.dupont.com

More about the Fast Option for the 2023 Program Year

- Complete your Biometric Screening by 9/30/2023 either via the validated Physicians Form or LabCorp Voucher and you automatically earn the full Premium Credit of \$480 for 2024!

Visit your Programs page to download the physicians form or the Labcorp voucher to get started. Be sure to follow all instructions for completion and submission to ensure you receive your credit.

Note: If you complete the Fast Pass, and continue to reach level 2 in Q1, Q2 and/or Q3, you might see your Premium Credit earnings on the left side of the Rewards page exceeding \$480. \$480 will be the max HIC you receive for the year.

What's in it for you above a \$780 and free wearable health device incentive?

- Brand new home page to quickly connect you to the information that matters most to you.
- Take advantage of free coaching to reduce stress, improve your sleep, and eat healthier. Don't forget there is in app and web portal chat messaging available for those enrolled in coaching to meet your schedule needs.
- New Journeys® and Healthy Habits to improve overall wellness and earn additional points.
- New Media Library with a variety of short videos on various wellbeing topics.
- Free Max Buzz™: sleek, water-resistant activity tracker. Your free device option will become available in the portal once you complete registration. You can also apply the value of the Free Max Buzz plus any Pulse Cash rewards to other activity tracking devices available in the Virgin Pulse store (Max Buzz or applicable value only available to new registrants – not returning users).
- Pulse Cash can be used to purchase gift cards and fitness items from the Virgin Pulse Store or donate to a charity of your choosing.
- **Tips for earning easy points & improving your health**
 - Health Check Survey - 2000 pts.
 - COVID-19 Booster – 500 pts.
 - Select Sleep Profile - 250 pts.
 - Sleep >7 hours 20 days in a month - 1900 pts. / Mo.
 - Enrich Financial Courses - 250 pts. / Mo.
 - Daily Cards - 200 pts. / Mo.
 - 7,000 steps 20 days in a month - 1800 pts. / Mo.
 - Track Healthy Habits 10 days in a month - 200 pts. / Mo.
 - Participate in the monthly Healthy Habit Challenges – 200 pts. / Mo.
 - Complete a health coaching appointment - 250 pts. / Mo. + complete 4 sessions for an additional 200 pts.
 - Complete a RethinkCare mental well-being program of 10 or more sessions (1 session / day) within a calendar month – 350 pts.
- All participants with a hire date prior to July 1, 2023 will be required to either attest as Tobacco Free during the 2024 Annual Enrollment period or complete the Tobacco Cessation program which consists of three (3) Tobacco Cessation Coaching Sessions and one (1) Tobacco Cessation Journey by October 31, 2023 to avoid the 2024 Tobacco Surcharge. Non-tobacco users are not required to take any action to avoid a tobacco surcharge.

- **Attention New Hires:**

- Hired January 1 – March 31? Automatically receive full credit for the remainder of current plan year and receive the Q1 credit (\$160) to be applied to the following plan year. In addition, you can earn Pulse Cash now by registering and earning points. You will need to earn the credit during the current program year in Q2 & Q3 or by completing the Fast Pass option for the following plan year.
- Hired April 1 – June 30? Automatically receive full credit for the remainder of current plan year and receive the Q1 & Q2 credit (\$320) to be applied to the following plan year. In addition, you can earn Pulse Cash now by registering and earning points. You will need to earn the credit during the current program year in Q3 or by completing the Fast Pass option for the following plan year.
- Hired July 1 – December 31? Automatically receive full credit for the remainder of current plan year and for all of the following plan year. In addition, you can earn Pulse Cash now by registering and earning points. You will need to earn the credit during the next program year.

- Have questions or need help?

- Log in @ www.myhealth.dupont.com & click on Rewards under the Home tab too see all the ways to earn
- Call: 888-671-9395 (8a-9p ET M-F)
- Email: support@virginpulse.com
- Web Chat (upon login): (2a-9p ET M-F)
- Your site Wellness Champion is also a great resource

Remember, the Healthy Incentive Credit (HIC) toward your 2024 medical premium is **earned during the first 3 quarters through September 30, 2023 (\$160 each quarter with an annual maximum of \$480)**. There is also a Fast Pass option available during the 2023 program year to earn your 2024 HIC. Both options provide the opportunity to earn up to an additional **\$75 per quarter in Pulse Cash***. To avoid the 2024 tobacco surcharge, tobacco users must complete the Tobacco Cessation Journey, plus three Tobacco Coaching sessions by **October 31, 2023**.

***Important Reminders:**

1. Pulse Cash received as part of the DuPont Healthy Living Program is reportable as taxable earnings: however, DuPont will cover the tax on quarterly Pulse Cash. You will see Pulse Cash reported quarterly on your pay statement as Non-cash AWD GU and the additional earnings provided by DuPont to cover tax assessed on Pulse Cash will be reported as NCAwdTx.

2. Regularly log into your Virgin Pulse account and sync your device. This not only ensures that you receive all the points you are entitled to, but also allows you to confirm your device is connected and syncing as expected. Reminder, you can only back track activity 14 days.