



**Earn up to
\$780
per year!**

Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to \$480 in Premium Credit and up to \$300 in Pulse Cash in 2024.

Complete 1 of 3 activities to earn Premium Credit for 2025:

**Complete by
September 30,
2024**

- Complete a preventive care adult checkup
- Or
- Complete a biometric screening
- Or
- Reach Level 2 in Q1, Q2, and Q3

**\$480
Premium Credit**

Earn up to an additional \$300 in rewards! You can also participate in additional healthy activities throughout the year to earn points and watch your Pulse Cash for 2024 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	\$20	\$30	\$40	\$75

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

*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.



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:	
Getting started	First login to mobile app	250	
	Connect first activity device	200	
	Complete the Health Check survey	2,000	
Daily	Upload steps from your activity tracker (per 1,000 steps)	10	
	Do your Daily Cards (2 per day)	20	
	Track your Healthy Habits (3 per day)	10	
	Track sleep nightly	20	
	Sleep > 7 hours in a night	50	
	Complete a RethinkCare session	20	
	Browse healthy recipes	10	
	Complete a step in Journeys®	15	
	Monthly	Win the promoted Healthy Habit Challenge	200
		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	
Track 7,000 daily steps 20 days in a month		400	
Take validated measurements		250	
Join the company challenge		100	
Complete a coaching appointment		250	
Complete a whole Journey		250	
Complete an Enrich course		250	
Quarterly	Choose your eating type	100	
	Choose your sleep profile	250	
	Set your interests	100	
Yearly	Set a wellbeing goal	100	
	Complete the Nicotine-Free Agreement	100	
	Invite a colleague to join	50	

Premium Credit Fast Pass

By **September 30, 2024**, complete 1 of 2 Fast Pass options to earn the full \$480 in Healthy Incentive Credit for 2025:

Option #1: Complete an annual physical

Option #2: Complete a biometric screening

Visit the **Programs** page for details on both options.

Who's eligible?

All benefits-eligible employees are eligible to participate in the Healthy Living Program.



Not a member yet?
Get the mobile app or visit:
<http://myhealth.dupont.com>

