

NEW!

Individuals & Families – Introducing VitalizeSM powered by Virgin Pulse

Wellbeing for all is now within reach.



Vitalize Overview Flyer

Vitalize™ powered by Virgin Pulse
Wellbeing for all is now within reach.

Meet Vitalize, a digital platform that places the power to live better at Western New Yorkers' fingertips. By partnering with Virgin Pulse, Univera Healthcare is making it easier for you to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. You'll build healthy habits, have fun with friends and experience the lifelong rewards of better health and wellbeing.

You can use Vitalize to:

- Connect a fitness tracker so you can log your activity and watch for small improvements over time.
- Set your interests by choosing to work on an area that matters the most to you, like eating habits, sleep, physical activity, relationships or finances.
- See a clear picture of your health with a certified Health Risk Assessment called Health Check.
- Add friends and family, connecting with up to 10 others to help encourage and motivate one another.
- Rally coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.
- Use the digital coaching tool to make simple changes to your health, one small step at a time.

Vitalize is now included as a part of your health plan. Log into your member account to get started. Member.UniveraHealthcare.com

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Member Guide



VitalizeSM Rewards
Earn up to \$400 per year!*

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 \$400 in Pulse Cash in 2024.

Complete these activities to earn Pulse Cash for 2024:

Complete by the end of your program year	Complete the Health Check survey	\$25
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Participate in additional healthy activities throughout the year to earn points and watch your Pulse Cash add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	40,000	60,000	
Pulse Cash	\$15	\$35	\$55	\$70	\$200

*\$200 per subscriber/\$200 per spouse or domestic partner. © Virgin Pulse 2023

Rewards Flyer

Click the links to learn more.



Right here.
For you.