



**Earn \$300 on
your flexible
spending card!**

Colgate University WELLNESS PROGRAM

Build a better you

We are excited to take our Colgate University Wellness Program to the next level in 2024-2025. The enhanced and more personalized program offers you more choices in how to engage in your wellbeing and earn rewards.

The other great news is that we will continue to reward healthy behaviors by offering the ability to earn \$300 on your flexible spending card!

Why are we doing this? We deeply care about your health and wellbeing, and want you to build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

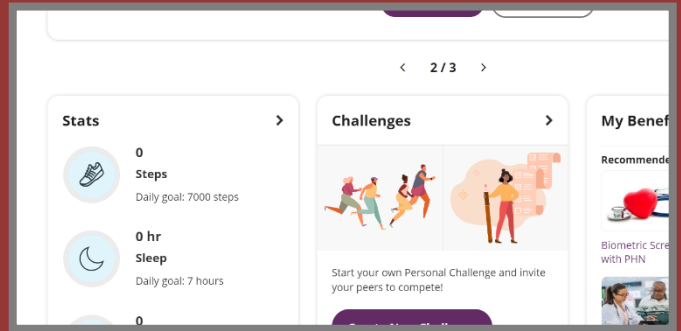
- Earn \$300 on your flexible spending card!
- Access personalized tools and support to meet your wellbeing goals.



Sign up and get started

Step 1

Visit join.virginpulse.com/cuwellprogram or open the app and select **Create Account**.



Follow the progress bar as you complete these easy steps:

- Identity** **Tell us who you are.** We'll ask for a few details about you and your sponsor organization to check your eligibility. Some of the fields may already be filled.
- Agree** **Legal and privacy.** Review and agree to the rules, data collection and privacy policy.
- Create** **Create your account.** Add your email, make a password and give us some additional details to customize your experience.
- Finish** **You're all set.** Your account is ready. Click **Take Me There** to sign in.

Step 2

Connect a device or app to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

Step 3

Upload a profile picture and add some friends.

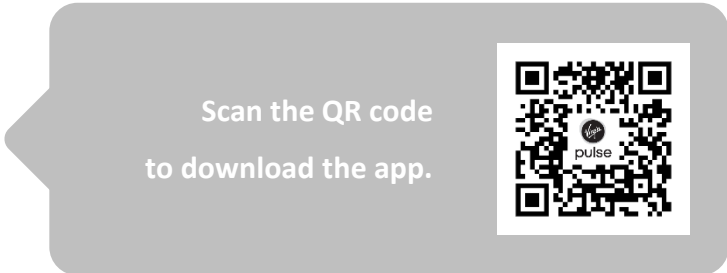
Step 4

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

Step 5

Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place. Be sure to sign in to your Virgin Pulse app **at least once every 14 days** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.



Rewards

Earn 300 points by 11/30/25 to receive \$300 on your flexible spending card! Complete the following required items to unlock rewards for other actions: Health Check Survey, Biometric Screening & MyCare Checklist (preventive exams). You can complete other healthy actions at anytime but you won't see their points to your total until the required items are completed.

Ways to earn:

	Do healthy things:	Earn points:
Program Requirements	Complete the Health Check survey	150 Points
	Complete a Biometric Screening	
	Complete 3 preventive care activities	
Tobacco-Free	Complete the Nicotine-Free Agreement	20 Points
	Complete a Tobacco Journey	
Healthy Metrics	BMI or Waist Circumference	20
	Total Cholesterol	20
	Blood Pressure	20
	Blood Glucose	20
Challenges	Join the company challenge	5
	Win the promoted healthy habit challenge	5
	Creating a personal challenge	5
Journey	Complete a Journey	15
Activities	Track sleep 10 days in a month	5
	Track sleep 20 days in a month	10
	Track steps or active minutes 10 days in a month	5
	Track steps or active minutes 20 days in a month	10
	Take 7,000 steps 20 days in a month	5
	Take 10,000 steps 20 days in a month	10
	Connect first activity device	5
	Complete 20 Daily Cards in a month	5
	Complete a Healthy Event	5
	Colgate Rise and Hello Walking Challenge	5
	Complete a video or audio experience from your library	2

Colgate University



NEW HIRES:

Those hired between September 1 – October 31, 2025 are eligible for \$150 on your flexible spending card by completing the Health Check survey & at least 150 points by 11/30/25.

Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

Challenges

Rally your 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.

Daily Cards

Every day, we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Health Check

This short, confidential survey accesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellbeing.

Healthy Habit Tracker

Healthy Habits offer you bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful.

Journeys®

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

Media Library

With a large catalog of curated videos, led by our team of trainers and coaches, we're here to help you reach your wellbeing goals. Whether you are looking for exercise, mental wellbeing, nutrition or sleep content, we got you!

Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Topics of Interest

We've made it simpler than ever to get to the information you want. Explore the section to find what you need – fast.

My Care Checklist

My Care Checklist is a handy healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place. Go to Health>MyCare Checklist. The recommended preventive care appointments will be populated for you based on your age and gender- you can also add more by selecting Manage Health Solutions.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com