



MY  
WELL-BEING



## What's new for 2025

The 2025 MyWell-Being Program begins **Nov. 1, 2024**, and runs through **Oct. 31, 2025**, giving you a full year to earn your incentive.



Take steps to live better everyday with **MyWell-Being**.  
Join us and be your best self all year long.

- 1** **Join today** by scanning the QR code above, or by visiting [join.virginpulse.com/BannerHealth](https://join.virginpulse.com/BannerHealth).
- 2** **Download the Virgin Pulse mobile app** for iOS or Android. You'll earn bonus points the first time you log in.
- 3** **Connect an activity tracker** to receive credit for your steps, active minutes and sleep. Platform syncs with many devices and apps such as Apple Health, Fitbit, Withings, Misfit, etc. **NOTE: This is not required**
- 4** **Upload a profile picture** and add friends and colleagues.
- 5** **Set your interests** to get personalized daily tips to help you eat health, get active, reduce stress, sleep well and more.
- 6** **Participate in the MyWell-Being Program daily to earn your well-being incentives.**

## Earning potential

Date of hire	Points achieved and discount earned				Deadline
	30,000 Level 1	50,000 Level 2	70,000 Level 3	100,000 Level 4	
Current team members	\$20 month	\$35 month	\$50* month	Drawing entry	Oct. 31, 2025
Q1 (Jan.1 - Mar. 31, 2025)	\$20 month	\$35 month	\$50* month	Drawing entry	
Q2 (Apr.1 - Jun. 30, 2025)	\$35 month	\$50* month	Drawing entry	--	
Q3 (Jul.1 - Sept. 30, 2025)	\$50* month	Drawing entry	--	--	
Q4 (Oct.1 - Dec. 31, 2025)	Automatic \$50 incentive				N/A

\*The total premium discount will be \$50/month with Comprehensive Dental and Value Vision plans for employee-only coverage at no cost. Non-medical plan team members, as well as residents and fellows, will receive a \$180 one-time taxable cash award in 2026. Benefit eligible team members not enrolled in a medical plan can also earn the free dental and vision plans, in addition to the cash award.

## How to earn

MyWell-Being is for everyone--simply make healthy decisions to earn points towards your well-being incentive. The more you make, the more points you receive. See full list of point opportunities in the Rewards section of the MyWell-Being platform.

		Points
Daily	Upload steps from your compatible device or mobile app <b>per 1,000 steps</b>	10
	Do your daily cards	20
	Track your Healthy Habits	10
	Complete a mindfulness session	20
Monthly	Watch video from the Virgin Pulse Media library <b>4x/month</b>	20
	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps <b>20 days in a month</b>	400
Quarterly	Virgin Pulse Nutrition Guide - Choose your eating type	250
	Set your interests	250
	Well-Being classes <b>10x/quarter</b>	100
Yearly	Complete an Annual Wellness Exam with your primary care provider	4,000
	Completed Health Check Survey	1,000
	Complete financial wellness workshops with Fidelity <b>10x/year</b>	100
	Donate blood or plasma <b>3x/year</b>	500
	Preventative screenings <b>3x/year</b>	200

## Questions?

Email [BHMyWell-Being@bannerhealth.com](mailto:BHMyWell-Being@bannerhealth.com) or contact your facility's [well-being coordinator](#). Find us on [VivaEngage@MyWell-Being](mailto:VivaEngage@MyWell-Being).  
 Chat with Virgin Pulse: [member.virginpulse.com](https://member.virginpulse.com) | 2 a.m. – 9 p.m., EST, Monday – Friday  
 Call Virgin Pulse: 844-982-2217 | 8 a.m. – 9 p.m., MST, Monday – Friday