



**Save up to
\$500
per year!**

2024 BHealthy Wellness Program

Are you ready to BHealthy?

We'll help you make small, everyday changes for your wellbeing and focus on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

- A personalized wellbeing experience to help you get and stay healthy.
- Fun challenges with your colleagues, friends and family.
- Savings on your 2025 medical plan contributions—the more points you earn, the more you save.
- Employees can save up to \$500 and enrolled spouses can save another \$100.

Who's eligible:

All employees and their spouses enrolled in a health plan are eligible to participate in the wellness program and earn rewards. Employees enrolled in an RWJBH medical plan can earn points toward savings on their 2025 plan premium. Non-enrolled employees can participate in all the same activities for a chance to earn prizes.





How to get started

- Step 1** **Sign up for your BHealthy account** on your phone or computer by going to join.virginpulse.com/bhealthy. Already a member? Sign in at member.virginpulse.com or visit the Wellness page on The Bridge.

- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.

- Step 3** **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 4** **Upload a profile picture** and add some friends.

- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

- Step 6** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime.

Get the app:



Rewards

It's easy to earn rewards by making healthy decisions. Complete healthy activities and watch your savings add up to a total of \$500. Spouses can earn an additional \$100 for a total of \$600!

What you can earn in 2024:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
Points	5,000	18,000	30,000	45,000	Savings max for the year
Savings	\$50	\$100	\$150	\$200	

Annual accumulated savings for 2024: = \$500

Some 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:
Complete a biometric screening	10,000
Complete your health assessment	10,000
Complete your annual well visit	10,000
Complete a BHealthy challenge (3 per year)	10,000
Complete a BHealthy coaching session	6,000
Complete a Care Management session	6,000
Complete a BHealthy group or digital coaching session	5,000
Complete a preventive screening (up to 5+ per year)	5,000
Complete the IFPR Smoking Cessation Program	5,000
Complete a dental visit (2 per year)	2,500
Volunteering in the Community (4 per year)	2,000
Complete a BHealthy webinar (2 per month)	1,000

Contact your [Health Coach](#) for questions and guidance on the program and points. You can also call the BHealthy Wellness line at 973-315-5015.

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.

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.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

RethinkCare

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

BHealthy Wellness Coaching

Talk to a coach over the phone, in person or virtually to get one-on-one support, expert guidance and help navigating your healthcare questions.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

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.

Pillars and Topics

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

BHealthy Wellness Webinars

Health coaches offer multiple webinars each month on a range of topics relating to your health and wellness interests.

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

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Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.