

# STRENGTHEN YOUR TOTAL WELLBEING

## HealthyLiving *A FirstEnergy Wellness Program*

Employees can earn up to \$600 and spouses and domestic partners enrolled in a FirstEnergy or union-sponsored medical plan can earn up to \$200 from July 1, 2021, to June 30, 2022.

Healthy Activities	Reward
Complete the Health Assessment	\$50
Complete a Health Screening	\$50
Healthy Screening Results or Healthy Improvement from previous screening (BMI, Blood Pressure, Total Cholesterol, Glucose or A1C)	\$50 each
Complete the Nicotine-Free Agreement	\$50
Complete a Next-Steps Consult® call	\$50
Complete a Coaching call	\$25 (12x/year)
Complete 20 Daily Cards in a month	\$5 (1x/month)
Take 7,000 steps 20 days in a month	\$15 (1x/month)
Track Healthy Habits 20 days in a month	\$5 (1x/month)
Complete Journeys® digital coaching	\$15 (12x/year)
Complete a Whil Mindfulness activity	\$25 (3x/year)
Complete a Company Challenge	\$50 (3x/year)
Complete a Promoted Healthy Habit Challenge	\$5 (12x/year)
Get a Vaccine (COVID, Flu, Shingles, etc.)	\$25 (3x/year)
Complete a Preventive Exam	\$25 (3x/year)
Participate in a Community Involvement activity	\$25 (2x/year)
Participate in an Emotional Wellness activity	\$25
Participate in a Financial Wellness activity	\$25 (3x/year)
Attend an Employee Business Resource Group (EBRG) event	\$25
Attend a Wellness Webinar or Workshop	\$25 (3x/year)

### Redeem rewards as you go!



HSA, 401(k) and cash rewards are received by the end of the following month after you redeem rewards.






Gift cards and charitable donations are received immediately.



Items from the online Virgin Pulse store will be received within 3-5 business days.

Go to your [HealthyLiving account](#) to learn how you can earn the **BOLT Award** — a special recognition for living a healthy lifestyle.

-  Use the **Virgin Pulse mobile app**
-  Sign in at [firstenergycorp.com/healthyliving](https://firstenergycorp.com/healthyliving)
-  Give us a call: **833-724-1783**  
Monday - Friday, 8 am - 9 pm ET