

## About FirstEnergy's HealthyLiving Wellness Program

We'll help you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. You'll build healthy habits, be supported and experience the lifelong rewards of better health and wellbeing.

### What's in it for you:

- Complete Daily Cards full of helpful information and encouragement
- Engage in Healthy Habit tracking to establish solid wellbeing routines
- Participate in fun personal and team challenges
- Earn rewards

### Redeem rewards as you go



Contribute to your HSA or 401(k)



Receive a taxable cash payroll deposit



Donate to a charity



Get a gift card



Shop the store

HSA, 401(k) and cash rewards require processing time and will be paid out by the end of the following month after you redeem your reward.

### Have questions? We're here to help.

Check out [support.virginpulse.com](https://support.virginpulse.com)

Live chat on [member.virginpulse.com](https://member.virginpulse.com)

Monday - Friday, 2 am - 9 pm ET

Already a member? Sign in at [firstenergycorp.com/healthyliving](https://firstenergycorp.com/healthyliving).

**Give us a call:** 833-724-1783

Monday - Friday, 8 am - 9 pm ET

**Send us an email:** [support@virginpulse.com](mailto:support@virginpulse.com)

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PO Box 2260  
Minneapolis, MN 55402-0260



**Focus on your health and wellbeing.**

**HealthyLiving**  
*A FirstEnergy Wellness Program*

July 1, 2021 - June 30, 2022

*All employees are eligible for the HealthyLiving program. Spouses and domestic partners enrolled in a FirstEnergy or union-sponsored medical plan also are eligible.*





## Get quick, simple tips

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

### Daily Cards

Every day you'll be presented new tips to help you live well. Plus, we'll make sure they focus on the areas that interest you the most.

### Challenges

Rally your coworkers for the latest company challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

### 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.

### Sleep Guide

Personalize your sleep profile, utilize the sleep tracker with device syncing capabilities, and track healthy habits based on your sleep profile and goals.

### Whil Mindfulness

Your personal stress-reliever is here. Learn the basics of emotional intelligence, mindfulness and/or yoga through Whil, a Virgin Pulse partner.

### Next-Steps Consult®

After completing your health assessment and health screening, strategize with a health guide during this 15-minute call to determine your next steps toward better health.

### Phone Coaching

Talk to a professional clinician and coach over the phone to get one-on-one support, expert guidance and help navigating your wellbeing journey.

### Journeys®

Want to exercise more? Better manage your wellbeing? Use our digital coaching tool, Journeys, 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 to help you achieve your goals.

### Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan.

## How to earn



For a complete list of ways to earn, visit **How to Earn** under the **Rewards** tab.

Employees can earn up to \$600 and eligible spouses and domestic partners 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 a 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 a Journey	\$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)

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

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at [support.virginpulse.com](https://support.virginpulse.com).

## How to get started

**Step 1** Sign up or log into your HealthyLiving account by going to [firstenergycorp.com/healthyliving](https://firstenergycorp.com/healthyliving) or by downloading the Virgin Pulse mobile app for iOS or Android.



**Step 2** **Choose your communication preferences** to get the latest tips and information.

**Step 3** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

**Step 4** **Connect a fitness tracker** to automatically get credit for your steps, active minutes and sleep. Your HealthyLiving account can sync with many devices and apps. (Fitbit, Apple Health, Google Health, etc.)

**Step 5** Begin completing **healthy activities** and **earning rewards!**