

COMMIT TODAY CONQUER TOMORROW

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, 2020, to June 30, 2021.

Healthy Activity	Reward
Complete the health assessment	\$50
Complete a health screening	\$50
Earn for healthy results and/or health improvement from your previous screening	\$50 each
Complete a Nicotine Free Agreement	\$50
Complete a Next-Steps Consult*	\$50
Complete a Coaching appointment	\$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	\$20 (12x/year)
Complete a Whil mindfulness program	\$5 (3x/year)
Complete a Challenge	\$50 (3x/year)
Get a flu shot	\$25
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)

 firstenergycorp.com/healthyliving

 [Virgin Pulse mobile app](#)

 833-724-1783

