

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:

- Receive helpful tips and messages
- Participate in fun challenges
- Earn rewards

Have questions? We're here to help.

Check out support.virginpulse.com
Live chat on member.virginpulse.com
Monday - Friday, 2 am - 9 pm ET

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.

Already a member? Log in at firstenergycorp.com/healthyliving.

Give us a call: 833-724-1783
Monday - Friday, 8 am - 9 pm ET

Send us an email: support@virginpulse.com



PO Box 2260
Minneapolis, MN 55402-0260



Small steps lead to big changes.

HealthyLiving
A FirstEnergy Wellness Program

July 1, 2020-June 30, 2021

*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 step 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 step 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® Digital Coaching

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 get started

Step 1 Sign up for your new HealthyLiving account by going to firstenergycorp.com/healthyliving or download 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. (Max Buzz, Apple Watch, Fitbit, etc.)

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

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, 2020, to June 30, 2021.

Healthy Activity	Reward
Complete the health assessment	\$50
Complete a health screening	\$50
Earn for healthy results and/or improvement from your previous screening	up to \$200
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 Company 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

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

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