



**Earn up to
\$250 BYB
Bucks per
year!**

Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up—you can earn up to \$250 in Be Your Best Bucks for developing personalized healthy habits and participating in the many opportunities to be the best you. Be Your Best Bucks balance will transfer over in your account from year to year and can be redeemed at any time. You can also earn a discounted medical rate for 2025 by completing the Health Check survey and two preventive care activities by December 1, 2024.

All benefits-eligible employees: Complete these priority activities to earn the 2025 Be Your Best Wellness Credit.

| | |
|---|---------------------------------------|
| Complete by December 1, 2024 | Complete 2 preventive care activities |
| | Complete the Health Check survey |

You can participate in additional healthy activities throughout the year to earn points and watch your rewards add up. Complete activities for these additional rewards by December 1, 2024.*

| | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | Total Be Your Best Bucks per year |
|----------------|-------------------------|-------------------------|-------------------------|--------------------------|--|
| Points | 2,500 | 10,000 | 20,000 | 40,000 | |
| Rewards | \$25 Be Your Best Bucks | \$50 Be Your Best Bucks | \$75 Be Your Best Bucks | \$100 Be Your Best Bucks | \$250 Be Your Best Bucks |

*Rewards: Applicable government taxes will be applied to all monetary rewards and deducted from your paycheck. Government taxes associated with earned rewards for you and your eligible spouse will be deducted from your paycheck as soon as administratively feasible after you've earned the reward. If there are any discrepancies between the information in this program guide and the plan documents, the plan documents will govern.

Your privacy remains important! Your personal health information is always confidential. Brunswick never receives your personal health information.

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: | |
|---|---|--|-----|
| Getting started | Complete registration | 500 | |
| | First login to mobile app | 350 | |
| | Connect first activity device | 200 | |
| Daily | Upload steps from your activity tracker (per 1,000 steps) | 10 | |
| | Do your Daily Cards (2 per day) | 40 | |
| | Track your Healthy Habits (3 per day) | 30 | |
| | Track sleep nightly | 20 | |
| | Sleep > 7 hours in a night | 50 | |
| | Complete a RethinkCare session | 20 | |
| | Browse healthy recipes | 10 | |
| | Complete a step in Journeys® | 20 | |
| | Weekly | Give a Shoutout (1x per week) | 25 |
| | | Win the promoted Healthy Habit Challenge | 200 |
| Complete 20 Daily Cards in a month | | 200 | |
| Track Healthy Habits 20 days in a month | | 300 | |
| Monthly | Track sleep 10 days in a month | 100 | |
| | ★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes | 400 | |
| | ★ Join the company challenge | 1,000 | |
| | Receive a Shoutout | 100 | |
| | Quarterly | Choose your eating type | 250 |
| Choose your sleep profile | | 250 | |
| ★ Complete a whole Journey (3x per quarter) | | 450 | |
| Set a wellbeing goal | | 200 | |
| Yearly | ★ Volunteer 10 hours of community service | 500 | |
| | Invite a colleague to join | 250 | |
| | ★ Complete a Next-Steps Consult® appointment | 1,000 | |

★ Earn bonus points!

Want to reach Level 4? Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Who's eligible?

All U.S. benefits-eligible employees and medically enrolled spouses are eligible to participate in the wellbeing program and earn rewards.



Not a member yet?
Get the mobile app or visit:
join.virginpulse.com/beyourbest

Customization tip: Once your account is ready, you may choose to update your portal language preference to one that best suits you by following these steps: Go to your profile picture in the top-right corner of your home page. Select **Profile > Account Settings > Edit** to change your language preference. Then select **Done** to save.