

New enrollees in LSS medical plans are provided discounted medical premiums for the first six months of their coverage. To keep those same discounts beyond their first six months of coverage, the employee (and their spouse if covered) must earn 100 wellness points during that first six months.

How does an employee (& spouse) earn these 100 points?

Step 1: Register in the Virgin Pulse portal

Visit <http://join.virginpulse.com/LSS> or download the Virgin Pulse app. First time visitors must enroll and create their account by following these steps:

- Enter your first and last name
- Enter your identifier:
 - Employee: 6-digit Employee Number, including leading zeros (example 012345)
 - Spouses: 6-digit Employee Number (including any leading zeros) + 'S' (example 012345S)
- Select your State of Residence and continue
- Then follow the prompts to complete registration
 - Provide your preferred e-mail address for communications
 - Provide your phone number to receive text messages and participate in coaching calls

Step 2: Complete your Health Check survey

The Health Check survey is a confidential health risk assessment that provides you with a wellness score and recommendations to improve your health.

Step 3: Complete your Biometric Screening

Complete a biometric screening in one of three ways:

1. Off-site at a participating Quest lab year-round
2. Through the mail with an "at home screening kit"
3. Submit lab work from your own physician using official Quest form (this option may cost you money out-of-pocket)

Whichever option you choose, you must register for that option in your Virgin Pulse portal and access the Quest registration site.

Step 4: Visit Your Physician If You've Earned Less than 100 Points

By completing Steps 1, 2, and 3, you'll have earned at least 50 points which is enough for a partial discount on your medical premiums, but if you want the full discount to continue on, you must earn 100 points. Review your biometric screening results in your Virgin Pulse portal and see if they've qualified you for 100 points. If all your results fall within the desired ranges (or they're improved over last year), you'll have the full 100 points and the full premium discount.

If not all 5 biometric outcomes fall within the desired ranges, you must simply bring a "Physician Engagement Form" (available in Virgin Pulse portal) to your doctor so your they can confirm that they're aware of these particular out-of-range results and that you are under their care for these. Once your doctor completes this form, submit it to Virgin Pulse through your portal to qualify for the 100 points and the full discount continuation.

Health Assessment	Outcome
Triglycerides	Less than 150 mg/dL
LDL Cholesterol	Less than 130 mg/dL
Blood Pressure	Systolic: Less than 141 mmHg Diastolic: Less than 91 mmHg
Glucose	Fasting: Less than 100 mg/dL Non-fasting or Unknown: Less than 140 mg/dL
Nicotine/Cotinine	Negative

Did you miss completing these steps in your first six months of coverage? Don't worry... It's never too late to complete these steps and earn these points. Act now and don't delay!

If you have questions... Talk to your HR Director or call Virgin Pulse at 888-671-9395.