



# WILCO ONE

one **body** one **mind** one **you** *one place*

***Wellness Action Item*****Location****Time***Health Survey*

In App

10 – 15 minutes

*Wellness Exam*Attestation Form in  
App

5 minutes

*Biometric Screening**\*cotine testing  
included*Downloadable from  
App

10 minutes

# CONFIRMED LEVELS AND REWARDS - 2022

*\*Must be active employee or retiree enrolled in medical benefits or medically enrolled spouse at the time of the drawing. Maximum raffle entries per person is 4 per quarter.*

## 2<sup>nd</sup> Quarter + March

March	April	May	June
Members complete a variety of activities to receive points. When they receive enough points to reach a level, they will get entered into the quarterly raffle.			
Level 1	500 pts	1 Raffle Entry	
Level 2	4,000 pts	1 Raffle Entry	
Level 3	8,000 pts	1 Raffle Entry	
Level 4	15,000 pts	1 Raffle Entry	
At the end of the quarter, VP will randomly draw 50 people from the pool of raffle entrants to receive \$100 in Pulse Cash.			

## 3<sup>rd</sup> Quarter

July	August	September
Members engage in a variety of activities to receive points. When they receive enough points to reach a level, they will get entered into the quarterly raffle.		
Level 1	500 pts	1 Raffle Entry
Level 2	4,000 pts	1 Raffle Entry
Level 3	8,000 pts	1 Raffle Entry
Level 4	15,000 pts	1 Raffle Entry
At the end of the quarter, VP will randomly draw 50 people from the pool of raffle entrants to receive \$100 in Pulse Cash.		

## 4<sup>th</sup> Quarter

October	November	December
Members engage in a variety of activities to receive points. When they receive enough points to reach a level, they will receive 1 raffle entry.		
Level 1	500 pts	1 Raffle Entry
Level 2	4,000 pts	1 Raffle Entry
Level 3	8,000 pts	1 Raffle Entry
Level 4	15,000 pts	1 Raffle Entry
At the end of the quarter, VP will randomly draw 50 people from the pool of raffle entrants to receive \$100 in Pulse Cash. Additionally, anyone eligible that has reached Level 2 (at a minimum) in each quarter, will be included in the random draw for the Grand Prize of \$500 in Pulse Cash!		

# WILLIAMSON COUNTY SPECIFIC POINT EARNING OPPORTUNITIES

Category	Description	Frequency	Value	Data Source for Completion
Wilco Specific	Participate in a Wilco Fitness Class	Monthly	100 Points	Attestation Form
	Volunteer	Monthly	250 Points	Attestation Form
	Participate in the April Million Mile Month	Annually	500 Points	Attestation Form
	View a Cooking Demonstration	Monthly	100 Points	Attestation Form
	Complete a CPR class, Stop the Bleed, or First-Aid Course	Annually	250 Points	Attestation Form
	Donate food to your local food bank	Quarterly	100 Points	Attestation Form
	Sign up for National Donate Life	Annually	250 Points	Attestation Form
	Participate in a Wellness Webinar	Monthly	100 Points	Attestation Form

# STANDARD EARNING OPPORTUNITIES

Category	Description	Frequency	Value	Notes
Cards	Do your daily cards	2x per day	20 points	
	Complete 10 daily cards in a month	Once per month	100 points	
	Complete 20 daily cards in a month		200 points	
Challenges	Creating a personal challenge	Once per month	50 points	
	Join personal challenge		100 points	
	Join the Company Challenge		100 points	
	Create a team in the company challenge and recruit enough players to fill it		50 points	
	Post a chat comment at least once a week for all weeks of the challenge		50 points	
	Reach final destination in the destination challenge		100 points	
	Reach final challenge stage		400 points	
	Track at least once a week for all weeks of the challenge		100 points	
	Reach final stage in a staged challenge		100 points	
	Unlock a stage in a staged challenge		50x per month	25 points
	Unlock a destination in the destination challenge	Once per game	25 points	
	Win the promoted healthy habit challenge	Once per month	200 points	
	Add friend outside your company	Once ever	100 points	
	General	Set Your Interests	Once per calendar quarter	100 points
Complete Nicotine-Free Agreement		Once per program year	100 points	
Set a wellbeing goal			200 points	
Invite a colleague to join		5x per year	50 points	
Journeys	Complete a Journey Step	Once per day	20 points	
	Complete a Journey	3x per quarter	150 points	

# Implementation Timeline

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- 01/07/22 – Sent out email announcing VP is coming
- 02/04/22 – Offer Leadership Calls announcing changes
- 02/18/22 – Email all employees announcing VP changes
- 03/01/22 – Virgin Pulse goes live