FAQ

1. What is the plan year for the Wellness Program? When do I need to reach my points goal?
   1. The plan year for the Wellness Program runs from October 1st, 2023 – September 30th, 2024. In order to receive the discounted medical premiums for 2025, employees/ spouses will need to hit their points goal by September 30th
2. I just created an account in Virgin Pulse after not having access since my hire date. How many points do I need to obtain to receive the discounted medical premiums in 2025?
   1. 8,000 points
3. My spouse and children are on my medical plan, do they also need to participate in the Wellness Program?
   1. If your spouse/ Domestic Partner is a dependent on your Medical Plan, they too, must participate in the Wellness Program. Children on your Medical Plan **do not** need to participate.
4. I am worried about hitting my points goal for the plan year. How do I do this?
   1. We recommend setting a reminder in your phone to log into the app everyday to track your activities and complete your daily cards. When you first sign up for an account, you will want to complete your Health Check Survey for 3,000 points. You can complete Annual Preventive Screens with a physician and receive points under “My Care Checklist”. We also have a lot of events at the hospital that will allow employees to earn points. Please refer to the “Upcoming Events” section.
5. I do not have medical insurance through Cheyenne Regional. Can I still participate in the Wellness Program?
   1. Yes. Even if you are not enrolled in Cheyenne Regional’s Medical Plan, employees are still strongly encouraged to participate in the Wellness Program and will accumulate points to redeem for gift cards.
6. I have reached my points goal for the plan year. What is the incentive to keep tracking?
   1. You will earn “Pulse Cash” for tracking of your points. Pulse Cash can be redeemed for gift cards at places Nike, Under Armor, Athleta, CVS, Cabela’s, and more!
7. How do I earn Pulse Cash:

Hired **Before** Oct 1st, 2023:

* Cheyenne Regional Employees that are enrolled in a Medical Plan can earn Pulse Cash (gift cards) up to $75 along with their discounted medical premiums:
  + level 1 (7000 points) – $5 | level 2 (15,000 points) – $15 | level 3 (30,000 points) + discounted medical premiums – $20 | level 4 (50,000 points) – $35
* Cheyenne Regional Employees that **are not** enrolled in a Medical Plan can earn Pulse Cash up to $225
  + Reach 30,000 points and receive a $150 Gift Card
  + level 1 (7000 points) – $5 | level 2 (15,000 points) – $15 | level 3 (30,000 points) – $20 +$150 gift card | level 4 (50,000 points) – $35

Hired **After** Oct 1st, 2023:

* Cheyenne Regional Employees that are enrolled in a Medical Plan can earn Pulse Cash (gift cards) up to $75 along with their discounted medical premiums:
  + level 1 (3000 points) – $5 | level 2 (8,000 points) + discounted medical premiums – $15 | level 3 (15,000 points)– $20 | level 4 (25,000 points) – $35
* Cheyenne Regional Employees that **are not** enrolled in a Medical Plan can earn Pulse Cash up to $225
  + Reach 25,000 points and receive a $150 Gift Card
  + level 1 (3000 points) – $5 | level 2 (8,000 points) – $15 | level 3 (15,000 points) – $20 | level 4 (25,000 points) – $35