

LIVE WELL REWARDS GUIDE 2024



Join the Live Well program and be rewarded up to \$200 for making healthy choices and habits.



About Live Well

The Live Well program is focused on helping co-workers prioritize their health with everyday choices. Using the Virgin Pulse web portal and mobile application, co-workers can track their healthy activities and receive quarterly rewards of up to \$50.

Get Started

- Step 1:** Sign up for your Virgin Pulse account at Ameren.com/LiveWell.
- Step 2:** Download the Virgin Pulse mobile app for iOS or Android. (TIP: Be sure to frequently log in and refresh the app to sync your account activity.)
- Step 3:** Connect a fitness tracker to automatically get credit for your steps, active minutes, and sleep. (find Devices & Apps under the More tab)

Rewards

Earn up to \$200 during the 2024 program year, which runs Jan. 1 – Nov. 15, 2024, by completing Live Well activities. Earn up to \$50 each quarter by reaching Level 4 in points.

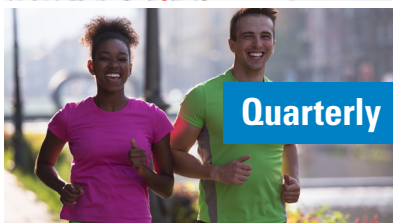
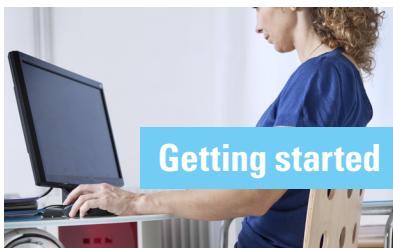
- Quarter 1:** Jan. 1 – March 31, 2024
- Quarter 2:** April 1 – June 30, 2024
- Quarter 3:** July 1 – Sept. 30, 2024
- Quarter 4:** Oct. 1 – Nov. 15, 2024

	Level 1	Level 2	Level 3	Level 4	Total
Points	1,000	5,000	10,000	15,000	
Incentive	\$10	\$10	\$15	\$15	\$50
Annual Incentive Total: \$50 x 4 quarters =					\$200

How to Earn Rewards

Earn points for completing recommended activities. Here is a snapshot of available activities and the points associated with them. For a complete list of ways to earn, look for Rewards under the Home tab at Ameren.com/LiveWell.

See ways to earn points on the next page.



DO HEALTHY THINGS	EARN POINTS
First log in to mobile app	2,500
Complete registration	2,500
Add a profile picture	100
Add 5 friends	250
Upload steps from your activity tracker (per 1,000 steps)	10
Do your Daily Cards (2 per day)	20
Track your Healthy Habits (3 per day)	10
Track sleep nightly	20
Sleep > 7 hours in a night	50
Daily calorie tracking	20
Browse healthy recipes	10
Join the company challenge	5,000
Complete 20 Daily Cards in a month	200
Track Healthy Habits 20 days in a month	300
Track sleep 10 days in a month	100
20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
Take validated measurements	250
Participate in the Ameren Mentoring Community	500
Set your interests	100
Choose your eating type	250
Choose your sleep profile	250
Complete a Journey (3x per quarter)	150
Complete the Health Check survey	5,000
Complete a primary care wellness visit	15,000
Complete preventive check-ups (dental visit, eye exam)	5,000
Participate in Anthem's Building Healthy Families Program	1,000
Complete preventive cancer screenings	5,000
Consent to being tobacco-free or connect with a tobacco coach	2,000

Frequently Asked Questions

Q *Who is eligible to access the Virgin Pulse web portal and mobile application and earn incentives?*

A All co-workers eligible for Ameren's healthcare benefit plans can participate in the Live Well program and earn quarterly wellness incentives. Spouses and domestic partners currently enrolled in the Ameren medical plan can also participate in the Live Well program but are not eligible to earn incentives.

Q *How do I check my points?*

A You can find your points by visiting the Rewards page under the Home tab on your Virgin Pulse account.

Q *How do I reset my account password?*

A Click on "Forgot Password?" and enter your Ameren email (numbers only) as the username. (ex.123456@ameren.com)

Technical Support: Email: support@virginpulse.com

Live Chat on Ameren.com/LiveWell: Mon.–Fri., 2 a.m.–9 p.m. ET

Call: 1.888.671.9395, Mon.–Fri., 8 a.m.–9 p.m.

