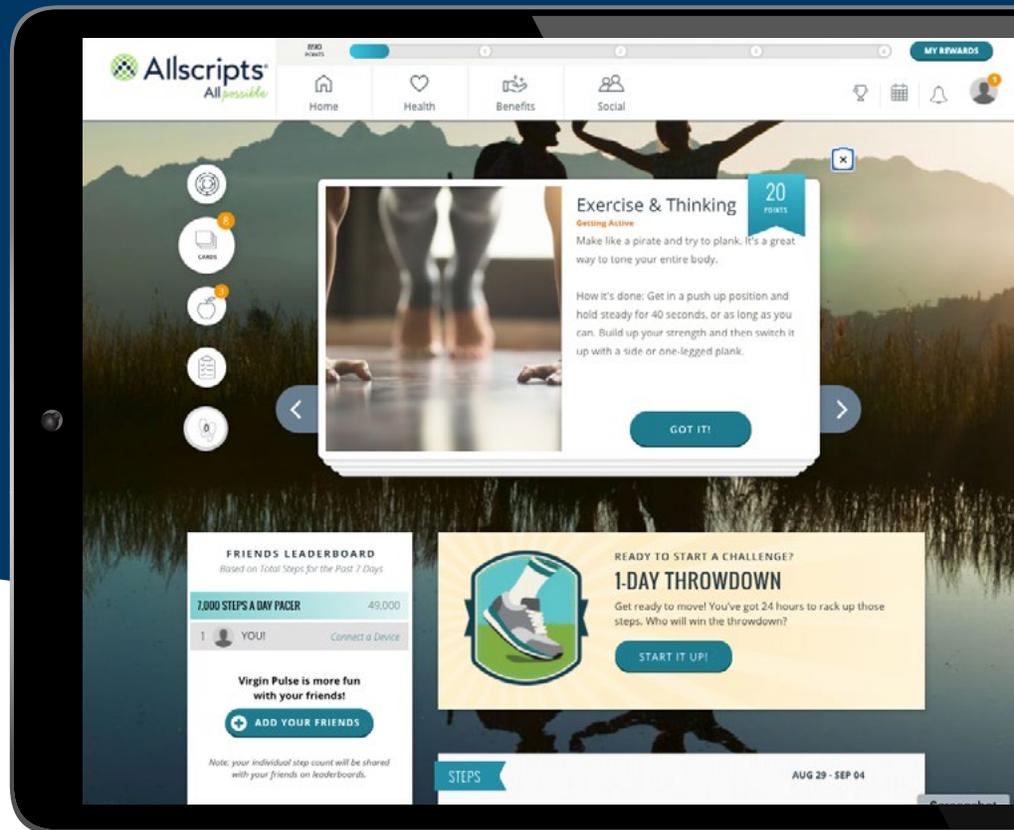


# Here's how to earn the *All Well* credit!

Take advantage of the Allscripts *All Well* wellness program, provided at no cost to you, to improve your health, reduce your medical premiums and earn points and redeem Pulse Cash for rewards.



## How to earn points under the Virgin Pulse program

There are a number of ways to earn points through the Virgin Pulse program, such as tracking your daily steps, checking your Healthy Habits and getting your annual physical. To learn more, first register at [Virgin Pulse](#). Then log in and click *How to Earn* for a comprehensive list of activities and games you can participate in to start racking up points.



## How to Earn the 2022 All Well Credit of \$125 per month

Beginning Jan. 1, 2022, if you are an active associate who is **enrolled in an Allscripts U.S. Medical Plan**, you are eligible to **earn a \$125 All Well credit** towards your medical premiums each month (\$62.50 per pay period). Here's a summary of how you can earn the *All Well* credit for all of 2022 or a portion of the year.

Date of Hire	Level to Qualify	By this Date	Credit Received
Jan. 1, 2022 or later	Level 2 (6,000 points)	Within 31 days of hire	Remainder of 2022
	Level 3 (12,000 points)	At any point in 2022	Remainder of 2022

Please note, it may take up to two pay checks before the *All Well* credit is reflected in your pay.

## How to earn points under the Virgin Pulse program

Here are just a few of the ways you can earn points. For a complete list, log in to Virgin Pulse and navigate to *Rewards > How to Earn*.

Activity	How often you can earn	Points
Complete online Health Check survey through Virgin Pulse	Once per year	500
Flu shot	Once per year	500
Retirement (CAPTRUST) Participant Advisory Services Engagement	Once per year	250
Annual physical or well woman visit	Once per year	500
Colonoscopy exam	Once per year	500
Take 7,000 steps or 15 active minutes or 15 workout minutes (in any combination) 20 days in a month	Monthly	400
Take 10,000 steps or 30 active minutes or 30 workout minutes (in any combination) 20 days in a month	Monthly	500

## How to log in to Virgin Pulse

Enroll in Virgin Pulse today by going to: [join.virginpulse.com/Allscripts](https://join.virginpulse.com/Allscripts) click on the "Sign Me Up" button. You'll be asked to enter your personal information and create a password. Once you are logged in, you'll be able to view your points total on the top of the landing page.

## Download the Virgin Pulse app

Download the Virgin Pulse app on your Smartphone or mobile device. Using the app on your mobile device is a great way to sync and track your activity!



## Check out these healthy resources

Allscripts and Virgin Pulse offer programs, resources and discounts to help you get and stay healthy, from programs to help you eat right, sleep better, move more and take care of your finances—and help you earn more points. Find out more by logging in to Virgin Pulse then go to the "Benefits" tab and click "View All."

Here are a few highlights:

- **Weight Watchers:** Sign up with Allscripts discounted rates and earn points.
- **Eat Fit Go meal delivery service:** Get delicious and healthy ready-to-eat vacuum packed meals delivered directly to your home or office at 10% off.
- **Whil:** Offers programs (free to you) for mindfulness, yoga and self awareness—and you can earn points for participating.

## If you're not participating already, start today!

Be sure to:

- Set your goals and interests.
- Set up your profile and add a profile picture.
- Register or connect your activity tracking device or app. Wearing an activity tracker is the fastest way to earn points and get rewards!
- Track your healthy activities, such as daily steps, sleeping and drinking lots of water.
- Check in by taking health measurements, such as weight and blood pressure.
- Participate in challenges, discover healthy tips and more.

Get rewarded for the healthy things you do. The more you do, the more you earn. Then watch your points translate into rewards.

## Reasonable alternative

The *All Well* wellness program is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all eligible associates. If you think you may be unable to earn rewards under this wellness program, you may qualify for an opportunity to earn the same reward by receiving different point-earning opportunities. Contact Virgin Pulse directly at [support@virginpulse.com](mailto:support@virginpulse.com) or call **833-532-6896** and ask for a reasonable alternative. Virgin Pulse will work with you, and if you wish, your doctor, to find a way to earn points regardless of your health status.



**Questions?** If you have questions, contact Virgin Pulse Member Services at **833-532-6895** or [Allscriptssupport@virginpulse.com](mailto:Allscriptssupport@virginpulse.com).