



LifeWorks Wellbeing Rewards

Total wellbeing users can earn points by completing various wellness activities. Users accumulate points by completing wellbeing activities such as the Total Wellbeing Assessment and Challenges, or by selecting and reviewing Snackable Wellbeing content.

Tiering

Points accumulation enables members to move from the Bronze Tier to unlock Silver (2,500), Gold (5,000), and Platinum (10,000). Within each Tier, users gain access to an array of rewards.

The key to the LifeWorks Wellness rewards program is that users must continue completing wellbeing activities regularly in order to maintain their Tier status.

Tier Level	Points to Unlock Tier	Points Required to Remain in Tier
Bronze	0 – 2499	
Silver	2500 – 4999	User has 3 months to accumulate 1200 points to stay in Silver.
Gold	5000 – 9999	User has 3 months to accumulate 2400 points to stay in Gold.
Platinum	10000+	User has 3 months to accumulate 3600 points to stay in Platinum.

If a user does not reach the points required to remain in the tier (for example, 3 months go by and they do not achieve 1200 points to remain in Silver), they will regress to the previous tier (Bronze) and associated tier points (0).

Users can navigate to “Your Tier Progress” in their Profile to see a personal dashboard of their points and progress.

Total progress (i)

Bronze 0 pts (trophy icon) Silver 2500 pts (trophy icon) Gold 5000 pts (trophy icon) Platinum 10,000 pts (trophy icon)

How do I collect tier points?

By completing a number of different activities within the LifeWorks platform, you can collect points for these activities including:

Point Value by Activity*

Total Wellbeing Assessment

- **Collect 500 points** for completing a Total Wellbeing Assessment in full within one year, this resets after a year of a Total Wellbeing Assessment being promoted within your network.
- **Collect 10 points** for completing a single snackable assessment section, maximum 10 points per snackable assessment section per month.

Challenges

- **Collect 100 points** for joining a corporate challenge. You only get points for joining one corporate challenge per month.
- **Collect 100 points** for joining a personal challenge. You only get points for joining one personal challenge per month.
- **Collect 250 points** for completing and meeting the challenge goal for a corporate challenge. You only get points for completing one corporate challenge per month.
- **Collect 200 points** for completing and meeting the challenge goal for a personal challenge. You only get points for completing one personal challenge per month.
- **Collect 5 points** for reaching between 1,000 to 5,999 steps per day.
- **Collect 10 points** for reaching between 6,000 to 9,999 steps per day.
- **Collect 15 points** for reaching between 10,000 to 14,999 steps per day.

Point Value by Activity*

Challenges

- **Collect 20 points** for reaching 15,000+ steps per day.
- **Collect 5 points** for tracking your Habitude each day.

Snackable wellbeing

- **Collect 25 points** for completing your first ever snackable well-being "snack" (reading an article, listening to an audio snippet or watching a video).
- **Collect 5 points** for each session that you complete up to a maximum of 5 per week.
- **Collect 25 points** for completing 5 days of using snackable out of 7 days.

*Point activities and/or values are subject to change without notice

NOTE: Depending on your version of LifeWorks, some of these activities may not be accessible to you.