



## It's time to get ready for your new Einstein LiveWell program.

RedBrick Health has joined forces with Virgin Pulse to create an exciting new wellbeing experience for Einstein Healthcare Network. You'll have all the tools you need to get active, get healthy and live better every day, including new challenges, helpful tips and engaging social options.

### Here to stay

- Health Assessment
- Next-Steps Consult®
- Journeys®
- Health coaching
- Activity tracking



### New and improved

- RedBrick Track® is replaced by Healthy Habit Trackers, with hundreds of new habits to choose from in categories such as Getting Active, Eating Healthy, Reducing Stress, Learning New Things and more.
- New and different challenges: In addition to challenges you can do with your coworkers, you'll be able to challenge yourself to practice some healthy habits and even design and invite your coworkers and friends to participate in your own personal challenges.
- **New:** Nutrition Guide and resources
- **New:** Daily Cards
- **New:** Sleep Guide and resources
- **New:** Invite your family and friends to participate
- **New:** My Care Checklist



## Your rewards

Einstein's LiveWell program allows employees and their spouse/domestic partner on the health plan to complete Healthy Steps in order to avoid an additional premium on their health insurance and a tobacco surcharge. Additionally, by completing healthy activities, you can earn points. As your points accumulate, you work your way through four levels. Each level has a total point value and once that value is met, you will progress to the next level. Complete Level 3 to earn \$25 in Pulse Cash!

**Mark your calendar.** Your new Virgin Pulse experience will be available on January 4, 2021. Stay tuned for your invitation and details on how to get started.