



Complete the Nicotine-Free Agreement or complete a Tobacco Journey:

Being nicotine-free is essential for promoting overall health and reducing the risk of various serious medical conditions, including heart disease, respiratory issues, and cancers. Additionally, quitting nicotine contributes to improved lung function, enhanced cardiovascular health, and a higher quality of life by breaking free from the addictive and harmful effects of tobacco and nicotine products.

Register or Log In

To participate in the premium discount using one of the options below, you and your spouse must register individually for an account through [Virgin Pulse](#). Use the account to complete the nicotine-free questionnaire offered by Virgin Pulse.

NOTE: You are encouraged to complete before attending a scheduled biometric screening.

Nicotine-Free Agreement options

There are several ways to complete the Nicotine-Free Agreement in your Virgin Pulse portal:

1. Complete the “Nicotine-Free Agreement” via the Health Risk Assessment. Your response to the tobacco-use question in the HRA will be recorded as your response for the “Nicotine-Free Agreement”. You must confirm that your response is recorded by clicking on the “Home” tab in the upper left corner then click on “Rewards”. Scroll to the “Tobacco Free” section to see a green check mark next to that action. If there is no green check mark, please follow the below steps to complete the “Nicotine-Free Agreement” or see Step 4 to complete a “Tobacco Journey”.
2. Another option to complete the Nicotine –Free Agreement is to click on your “Home” tab and then click on “Rewards” tab. Scroll down to the Tobacco Free section to complete. If you are a non-tobacco user, click on “Complete the Nicotine-Free Agreement” then click on “Take me there.” This will take you to your profile page where you will scroll to find the “Nicotine-Free Agreement.”
3. An additional option to complete the Nicotine –Free Agreement is to click on your profile tab in the upper righthand corner of your Virgin Pulse portal and

click on “Go to profile”. Scroll down your profile page to find and complete the “Nicotine-Free Agreement”.

4. **Tobacco Journeys** are an option for tobacco users who want to stop using tobacco to receive the premium discount. You only need to complete one tobacco-free journey by July 31, 2024. If you currently use tobacco and do not plan to quit, then no action is needed.

To view the completion status of your AWA components:

Go to the “Home” tab and click on “Rewards” to view the completion status of your AWA components and to complete your Nicotine-Free Agreement or Tobacco Journey before the July 31 deadline.