



2022 Healthy Pfizer Incentives

Healthy Pfizer is here to support you on your path toward a healthy life. And this year, there are new ways to participate and earn incentives.

Attend an Annual Enrollment webinar this fall.

Complete up to three Healthy Pfizer Journeys® — self-guided wellness courses — of your choice.

Participate in a financial wellness or financial education activity.

Earn Virgin Pulse Points and Incentive Dollars for reaching levels 2, 3, and 4, with different ways to participate.

The Healthy Pfizer Program rewards you for taking steps toward wellbeing — physical, mental, emotional, and financial. With this program, you can earn two kinds of incentives when you complete activities geared toward improving your health and wellness — Healthy Pfizer Incentive Dollars and Virgin Pulse Points.

[Here's how it works. ▶](#)

Earn!



Note that there are no partial incentives; the program pays either 250 or 500 in Healthy Pfizer Incentive Dollars.

Earn up to 500 Healthy Pfizer Incentive Dollars

ACTIVITY DEADLINE: APR. 29, 2022

To help you focus on your health, we offer incentives — \$250 or \$500 — when you complete certain activities between Aug. 1, 2021 and Apr. 29, 2022. Use these dollars to reward yourself — whether it's joining a new gym, trying a meal service, buying a meditation journal, or building your financial savings — they're yours to use your way.

Get Started: Earn \$250

Earn your first 250 Healthy Pfizer Incentive Dollars by completing the Health Assessment and the Know Your Numbers activities.

Health Assessment



Complete this brief questionnaire about your overall health status. The Health Assessment is available at healthypfizer.com.



Know Your Numbers



Get a preventive blood test and submit validated results. You have several options for completing this step.

Your Privacy Is Protected

Your health information is private. Our external wellness partners protect and maintain your personal health information and share only a summary of aggregate results with Pfizer. Your individual results are never available to anyone at the company. So please be sure to participate in the Health Assessment. The feedback we receive helps us understand the health challenges facing our colleagues so we can develop appropriate solutions and programs.



Complete the Know Your Numbers Activity

Important Note: If you are having bloodwork done anywhere other than at an onsite Pfizer screening event, be sure to plan ahead so that test results can be submitted by the **Apr. 29, 2022** deadline; results submitted after that date will not be accepted.

At an Onsite Healthy Pfizer Screening Event Available at certain Pfizer locations through Nov. 12, 2021.	At a LabCorp Facility Using the LabCorp Voucher	With Your Personal Physician or at a Pfizer Onsite Clinic Using the Self-Submission Form	At Home Due to state law, not available if you reside in New York; kits available through Feb. 28, 2022.
<p>For information on locations and dates, visit healthypfizer.com ▶ Programs ▶ Onsite Healthy Pfizer Screening Event Schedule.</p> <p>When you attend a screening event, your test results are automatically submitted for you.</p>	<p>Make an appointment at a facility; bring a LabCorp Voucher.</p> <p>Vouchers are available at healthypfizer.com ▶ Programs ▶ Complete the Know Your Numbers Activity ▶ Start Now ▶ LabCorp Voucher.</p> <p>LabCorp automatically submits results for you.</p> <p>Note: If you go to LabCorp on your own or through your physician, you must submit your official lab report using the Self-Submission Form. Refer to “With Your Personal Physician or at a Pfizer Onsite Clinic Using the Self-Submission Form” for details.</p>	<p>Make an appointment with your physician or at your local onsite clinic for a wellness exam; bring the Self-Submission Form with you.</p> <p>Forms are available at healthypfizer.com ▶ Programs ▶ Complete the Know Your Numbers Activity ▶ Start Now ▶ Self-Submission Form.</p> <p>You are responsible for submitting the completed Self-Submission Form and blood test results by Apr. 29, 2022; results are not submitted for you. Results may not be available right away, so schedule your lab appointment at least two weeks before the deadline.</p>	<p>Request a kit by Feb. 28, 2022, collect your blood sample by Mar. 15, 2022, and return your completed kit within 24 hours of your blood draw.</p> <p>Request a kit at healthypfizer.com ▶ Programs ▶ Complete the Know Your Numbers Activity ▶ Start Now ▶ Home Test Kit.</p> <p>View this video to learn more about this option.</p>

Confirm Your Submission

Regardless of how you complete the Know Your Numbers activity — whether you submit test results or they are submitted for you — you are responsible for ensuring your results are submitted by the deadline.

You'll receive a confirmation email from Vitalogy (our biometrics partner) within 10 to 14 business days of your submission.

If you do not receive a confirmation email or see the activity shown as completed at [healthypfizer.com](https://www.healthypfizer.com), call Healthy Pfizer at **1-888-437-3493** and press 1 for rewards, incentive activities, or technical questions. Representatives are available Monday through Friday from 8 a.m. to 9 p.m., Eastern time.

Keep Going



Keep Going: Earn Another \$250

Complete enough additional activities to earn another 250 Incentive Dollars — for a total of \$500. Note that to earn these additional Incentive Dollars, **you must complete the Health Assessment and Know Your Numbers activities described earlier.** To see all the ways you can earn Healthy Pfizer Incentive Dollars, go to healthypfizer.com, and select “My Rewards,” then under “Action Rewards,” you can review required activities and additional activities for rewards.

EARN	When You Complete These Activities by Apr. 29, 2022
<p>100</p> <p>Healthy Pfizer Incentive Dollars</p>	<ul style="list-style-type: none"> • Healthy Pfizer Coaching Programs Engage with a Healthy Pfizer coach and complete at least 5 sessions. • Healthy Pfizer Challenges Complete the Spring, Fall, and/or Winter Challenge. You'll need to track your participation with an activity/fitness tracker device for your steps to be counted; you won't be able to self-report steps. Earn \$100 for each challenge you complete. <i>If you're unable to participate in a Healthy Pfizer Challenge due to a physical limitation, please contact Healthy Pfizer to request a special accommodation. You must request an accommodation for each Challenge to verify your health status has not changed. This request must be made before the Challenge start date. If you have a permanent condition that impacts your ability to participate in the program, you will still need to contact Healthy Pfizer before each Challenge to request credit.</i>
<p>15 to 75</p> <p>Healthy Pfizer Incentive Dollars</p>	<ul style="list-style-type: none"> • Earn \$15, \$25, \$35. As you earn Virgin Pulse Points and move up through program levels, you'll earn 15, 25, and 35 Incentive Dollars as you reach levels 2, 3, and 4, respectively. You also earn raffle entries toward drawings as you reach each level. You can earn Virgin Pulse Points and earn raffle entries through July 31, 2022; however, only levels achieved by Apr. 29, 2022 will earn you Incentive Dollars. • Earn \$25 for each <ul style="list-style-type: none"> — Get annual exams and screenings, including dental, eye, and physical exams; a skin cancer screening; and adult preventive vaccines.* — Participate in a financial wellness or financial education event (either through Pfizer's partner, Fidelity, or on your own).* — Participate in a volunteer or charity activity (either through Pfizer or on your own).* — Complete a Journey of your choice (earn \$25 each for up to 3 Journeys®). • Earn \$50 Attend an Annual Enrollment webinar. <p><small>* Exams, screenings, volunteer activities, and financial wellness/education events must be self-reported. Log on to healthypfizer.com between Aug. 1, 2021 and Apr. 29, 2022 to record activities.</small></p>

Receive Your Healthy Pfizer Incentive Dollars

Complete these activities by Apr. 29, 2022	Receive these Incentive Dollars beginning July 2022 through Dec. 2022* (provided you remain eligible)
Health Assessment and Know Your Numbers	250 Healthy Pfizer Incentive Dollars or \$41.67 per month
Health Assessment and Know Your Numbers (to earn 250 Healthy Pfizer Incentive Dollars) PLUS Additional Healthy Pfizer activities (to earn an additional 250 Healthy Pfizer Incentive Dollars)	500 Healthy Pfizer Incentive Dollars or \$83.34 per month

* Incentive Dollars will appear in your paycheck as taxable earnings.

Earn!



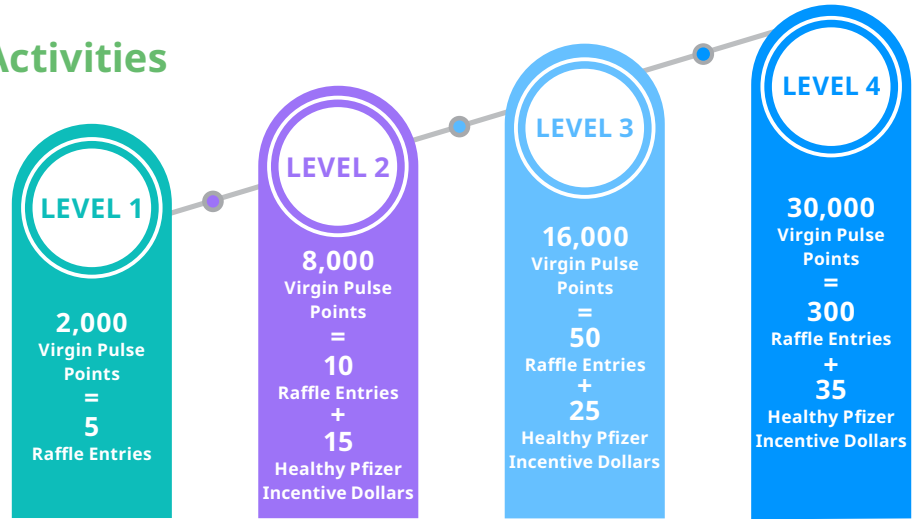
Earn Virgin Pulse Points

ACTIVITY DEADLINE: JULY 31, 2022

You can also earn Virgin Pulse Points when you participate in the Healthy Pfizer Program. For certain activities you complete between Aug. 1, 2021 and July 31, 2022, you accumulate points, move through levels, and earn raffle entries for the opportunity to win prizes. The more points you earn, the more raffle entries you get. Winners are selected and announced in fall 2022.

Virgin Pulse Points Activities

This year, you have more eligible activities to choose from to earn Virgin Pulse Points. These include tracking healthy habits, participating in Journeys®, meditating, improving sleep habits, and more. To learn all of the ways you can earn Virgin Pulse Points, go to healthypfizer.com and select "How to Earn" from the Home tab.



Moving Through Levels Can Also Earn You Incentive Dollars

In addition to earning Virgin Pulse Points, you can earn Incentive Dollars when you reach levels 2, 3, and 4 by Apr. 29, 2022.



Questions?

To learn more, visit the Programs page on healthypfizer.com. Or call 1-888-437-3493 and press 1 for rewards, incentive activities, or technical questions, including help with your activity tracking device, such as a Fitbit. Representatives are available Monday through Friday from 8 a.m. to 9 p.m., Eastern time.

This document highlights key features of certain Pfizer benefits for eligible Pfizer U.S. non-union colleagues, and Rochester Union colleagues. It does not contain complete descriptions of the Healthy Pfizer Program. Additionally, the information in this document is applicable to eligible colleagues only. Contact the Pfizer HR Service Center at 1-866-476-8723 for more information. Benefits provided to active union colleagues are subject to the terms of their collective bargaining agreements. For more information, refer to the Summary Plan Descriptions (SPDs), which are available on netbenefits.com.