



**Earn up to
\$350
per year!**

VIRGIN PULSE WELLBEING PROGRAM

Build a better you

The Live Well program in partnership with Virgin Pulse lets you choose your path to wellness and earn rewards! It offers a variety of tools, resources and programs to support your physical, mental, social and financial well-being.

Get the app:



Here's how to get started:



Activate



Agree



Create



Finish

Activate your Virgin Pulse account at join.virginpulse.com/livewell.

Already registered? Log in at **member.virginpulse.com**.

Download the Virgin Pulse mobile app for iOS or Android. The first time you log in, you'll earn bonus points.

Get a FREE Max Buzz or connect another activity tracker to get credit for your steps, active minutes and sleep (price will reflect as \$0 at checkout) We sync with many devices and apps like Max Buzz, Fitbit, Apple Watch and more.

Upload a profile picture, add friends and earn your first points.

Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and of course earn points!

Rewards

You can now receive your annual health score and track past/future exams through self-validation! Make sure to complete the annual Health Check survey and confirm you have completed at least 2 screenings. Complete these two activities and you'll reach Level 1!

→	Complete the Health Check survey	1,000 points
→	Complete at least 2 preventative screenings	1,000 points

Great news! You have access to **three new Virgin Pulse benefits** whose programs make it fun and easy to upgrade your wellbeing experience. Dive deeper into healthy activities and focus areas that interest you the most. Take advantage of the vast array of expertise available at your fingertips.

Foodsmart makes healthy eating easy with its powerful platform, grocery discounts, meal kits and more. Identify how to clean up your diet by taking the NutriQuiz. Foodsmart makes healthy food the most tasty, convenient and affordable option for every meal of the day.

RethinkCare is the leading digital training platform for your most pressing parenting, personal and professional needs. Choose from thousands of expert-led sessions to manage the demands of modern-day parenting, grow in your career and improve your mindfulness, relationships, stress, sleep and more.

Wellbeats offers 30+ channels and hundreds of virtual fitness classes with something for every age, stage and ability. User-friendly filters make it easy to find exactly what you're looking for. Access Tutorial, Basic and a variety of other classes, all 1-60 minutes in length. Wellbeats also includes content for mental wellbeing and healthy eating.



Action	Points:
Browse recipes	10/day
Favorite a recipe	10/week
Add a recipe to your grocery list	10/week



Action	Points:
Complete a session	20/day
Complete a program	50/week
Complete 10 sessions in a month	100/month
Complete 20 sessions in a month	200/month



Action	Points:
Answer "About Me" questions	100 once
Complete 20 minutes of class time	100/day
Complete a program	100/month

Rewards

It’s easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you’ll earn.

You can earn up to **\$85** in Pulse Cash each quarter and up to **\$350** in Pulse Cash a year!

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	2,000	6,000	14,000	20,000	
Pulse Cash	\$10	\$15	\$25	\$35	\$85

Pulse Cash annual max: \$85 x 4 quarters = **\$350***

*Earn up to \$340 in Pulse Cash a year. And, if you reach 75% of your Spotlight Challenge goal, get an additional \$10!

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Activity	Upload steps	10 points per 1,000 steps
	Take 7,000 steps 20 days in a month	400
	Take 10,000 steps 20 days in a month	500
	Connect first activity device	150
Daily Cards	Do your Daily Cards (2 per day)	20
	Complete 10 Daily cards in a month	100
	Complete 20 Daily cards in a month	200
Challenges	Create a Personal Challenge	50
	Win the promoted Healthy Habit Challenge	200
	Join a Personal Challenge	100
	Join the company challenge (4x per year)	200
	Add a friend outside the company	100
General	Set your interests	200
	Complete the Health Check survey	1,000
	Invite a colleague to join	50
	Complete the Nicotine-Free Agreement	200
	Set a wellbeing goal	200
Mental Wellbeing	Complete 10 RethinkCare sessions in a month	100
	Complete a RethinkCare session	20
	Complete a RethinkCare program	50
	Complete 20 RethinkCare sessions in a month	200

Use your Pulse Cash:



Visit the store



Donate it



Get a gift card

Engage in activities that fit your interests

Learn easy ways to get more active, eat well and manage life's ups and downs—every day!

Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends and challenge one another to start a new healthy habit.

Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

My Care Checklist

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

Recipes

Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search **Medical Exceptions**.