

# Live Well

Better You. Better Us.

# Virgin Pulse

Virgin Pulse is an online daily-use software platform that fosters habits and changes behavior, which helps employees thrive personally, at work, and across all aspects of life.

MAX ACTIVITY TRACKER • APPS • PROGRESS TRACKING • SOCIAL CONNECTIONS  
CHALLENGES • CONTENT • GAMIFICATION • HEALTH STATIONS





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**Save the Date**  
**September 10, 2015**  
**Live Well & Virgin Pulse**  
**Launch**

**What's the best way to spend the next 5 minutes?**

- A. Organizing your paper clip drawer.
- B. Playing Angry Birds.
- C. Measuring up at the Health Station!**

5 minutes, once a month.  
Visit the Health Station today.

