THE PULSE AT DARTMOUTH PROGRAM
ENROLLMENT TUTORIAL

Getting started only takes a few minutes – follow these easy steps!

Step #1:

Visit **www.dartgo.org/joinpulse**

Step #2:

Click the yellow "start button"

Step #3:

Enter your personal information to confirm your eligibility and create a password and then click on "Let's Get Started"

- *Passwords must be at least 8 characters and include one letter and one number*

Step #4:

Click through the next two screens to learn a little more about the Pulse program and the rewards available

THE PULSE PROGRAM ENROLLMENT INSTRUCTIONS

Step #5:

Personalize your account by selecting a cover and profile photo

(Not ready yet? You can revisit this later on the main site)
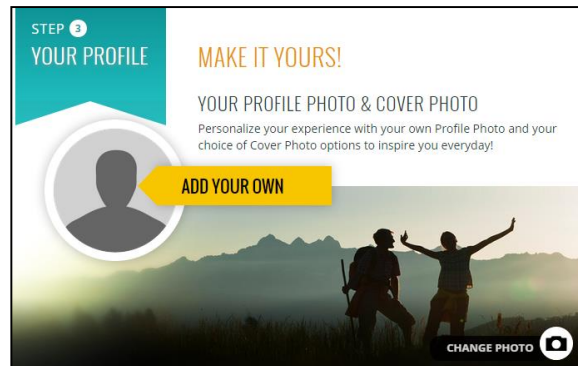
Step #6:

Get your first MAX activity & Sleep tracking device for free, by clicking on "Get my free MAX!"; or receive a one-time credit of $24.99 towards a device purchase of your choice in the Virgin Pulse Store; or connect a device or app you already own.
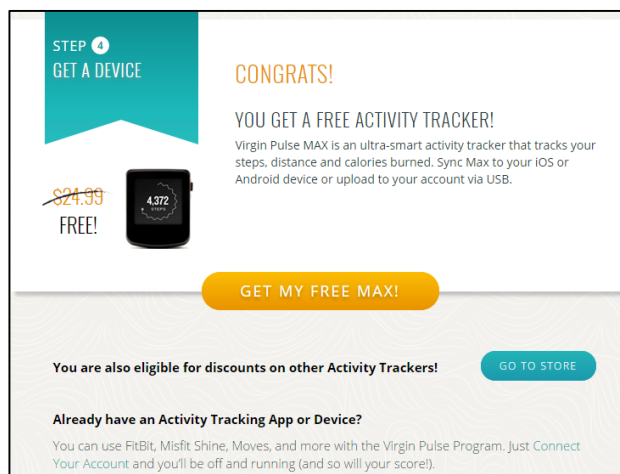
THE PULSE PROGRAM ENROLLMENT INSTRUCTIONS

Step #7a: Selecting your MAX device

Click on "Buy Now" to select your free MAX device. A credit of $24.99 will be shown in your shopping cart, and your shipping fee will be waived after checkout.
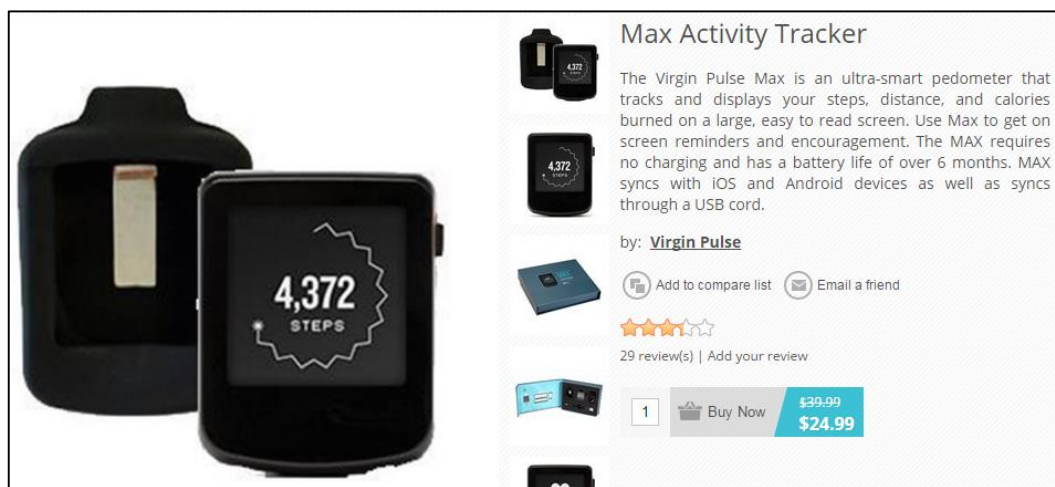
Step #7b: Selecting an alternative device

Click on "Fitness Tracking Devices" to purchase a device. After selecting your device of choice, you will see a credit of $24.99 in your shopping cart. A $4 shipping charge will apply.

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Step #7c: Connecting a Device You Own

Click on "Connect Your Account" to connect your own device or app with the Pulse program platform and then select on the device or app you use, including:

- Fitbit, Misfit, Jawbone, Polar, Garmin, Moves, Endomondo, MyFitnessPal, and Sleep Time.

- If you are trying to connect an Apple Watch or your iPhone steps this should be done directly through the Virgin Pulse mobile app.

Click on "Connect" below your device or app and follow the prompts.

# THE PULSE PROGRAM ENROLLMENT INSTRUCTIONS

Step #8:

After completing your enrollment, log into your Pulse program account at www.dartgo.org/pulse

(this will be how you access your Pulse program account on a permanent basis)

Step#9:

Start earning points by setting your interests, uploading a profile picture (if you haven't already), completing your Daily Cards, and taking your Health Assessment.

ℹ Click here to complete your Health Assessment today and earn 1,000 points!

GETTING ACTIVE CARD

THE ANYWHERE EXERCISE

20 POINTS

CHECK IT OUT
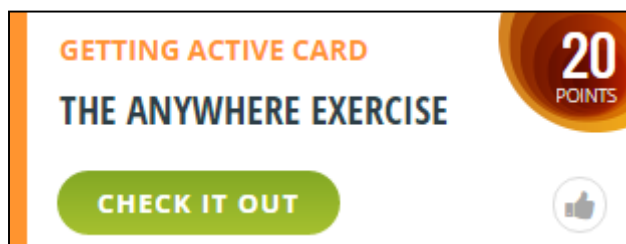
…and don't forget to download the free iOS or Android mobile app by searching "Virgin Pulse" in the Google Play or App Store.

Questions?

Call the Virgin Pulse Support Team at 888-671-9395.