



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”

CLICK TO START

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

STEP 1
WELCOME

CONGRATS ON TAKING THE FIRST STEP!

Virgin Pulse helps you be your best.

And you get rewards for being healthy:

- A free activity tracker to track your steps
- Up to \$400 each calendar year (\$100 per quarter)
- Access to personal and team challenges

No data you provide will be shared without your permission

STEP 2
HOW IT WORKS

BE ACTIVE, BE HEALTHY

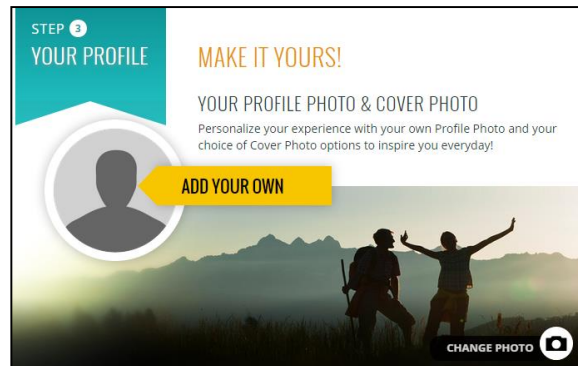
- Walk, run, swim, bike, weight lift. You choose!
- Connect your favorite apps & devices
- The more active you are, the more you earn.

THE PULSE PROGRAM ENROLLMENT INSTRUCTIONS

Step #5:

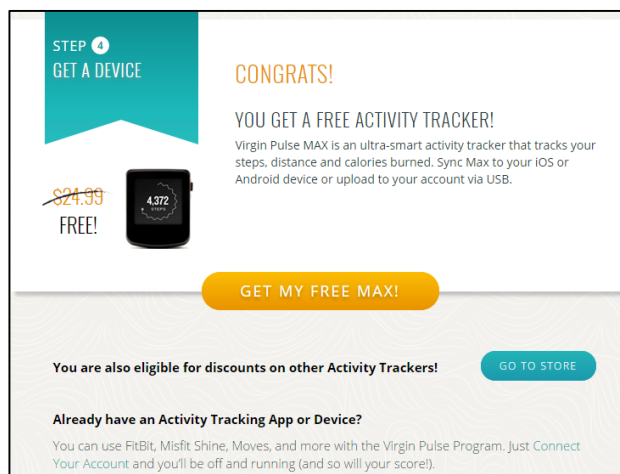
Personalize your account by selecting a cover and profile photo

(Not ready yet? You can revisit this later on the main site)



Step #6:

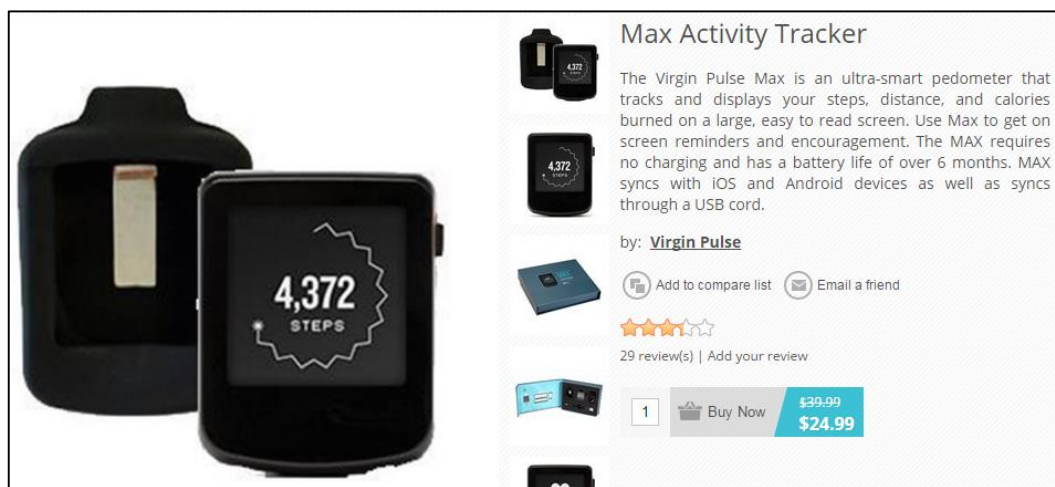
Get your first MAX activity & Sleep tracking device for free, by clicking on “Get my free MAX!”; or receive a one-time credit of \$24.99 towards a device purchase of your choice in the Virgin Pulse Store; or connect a device or app you already own.



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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.

 <p>VIRGIN PULSE APP</p> <p>The free Virgin Pulse app shows your daily cards, healthy habits and activity stats and rewards while on the go. You can also wirelessly sync the Virgin Pulse Max™.</p> <p>  GET THE APP</p>	 <p>FITBIT</p> <p>The Fitbit tracking devices show you real-time activity stats. See your Fitbit steps in your Virgin Pulse account by pairing your accounts.</p> <p>  CONNECT Learn more</p>
 <p>MOVES</p> <p>Moves is an app for iPhone and Android that works in the background and tracks your activity for the day. Download it, pair it with your Virgin Pulse account and see your steps show up automatically.</p> <p>  CONNECT Learn more</p>	 <p>MISFIT</p> <p>Misfit Shine is a sleek, wireless activity tracker. Connect your Misfit account to sync your steps and see your activity in your Virgin Pulse account.</p> <p>  CONNECT Learn more</p>
 <p>ENDOMONDO</p> <p>Get the Endomondo sports tracking app and transform your smartphone into a GPS tracker to count your steps. Get the FREE app now and connect it to your Virgin Pulse account.</p>	 <p>MY FITNESS PAL</p> <p>MyFitnessPal is a free app and website that helps you track the foods and calories you eat. Sign up and connect to track your calorie data in your Virgin Pulse account.</p>



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Step #8:

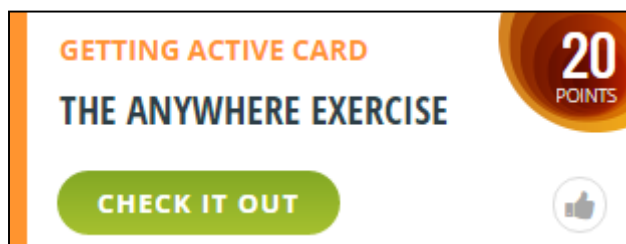
After completing your enrollment, log into your Pulse program account at www.dartgo.org/pulse

(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.

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



...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.