



BE THE BEST YOU

Program and Services

We'll help you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What's in it for you:

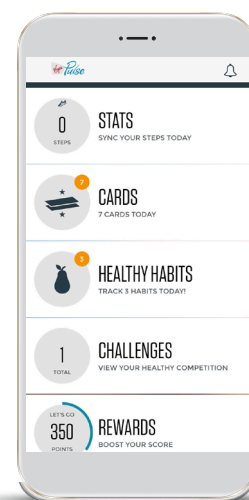
- Receive a FREE activity/sleep tracking device (or \$24.99 towards a device of your choice)
- Redeem points for gift cards, Visa cash cards, merchandise in the Virgin Pulse store, redeem to bank account or even charitable donations.
- Access personalized tools and support to meet your wellbeing goals.





How to get started

- Step 1** **Sign up** for your Virgin Pulse account by going to dartgo.org/joinpulse. Already a member? Sign in at dartgo.org/pulse.
- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3** **Connect a fitness tracker** to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)
- Step 4** Upload a **profile picture** and add some **friends**.
- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime.



Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.



What you can earn each quarter:

	Level 1	>	Level 2	>	Level 3	>	Level 4	Total rewards/ quarter
Points	1,000		5,000		12,000		18,000	
Rewards	\$10		\$20		\$30		\$40	\$100
Annual incentive total: \$100 x 4 quarters =								\$400



Ways to earn points:

	Do healthy things	Earn points
Getting started	Add 5 friends	250
	First login to mobile app	250
	Complete registration	150
	Add profile picture	150
	Connect activity device	150
	Connect to MyFitnessPal	100
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	15 or more active minutes	70
	30 or more active minutes	100
	45 or more active minutes	140
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track your sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes	10
	Daily calorie tracking	20
	Complete a Journey step	20
	Complete a Whil session	20
	Complete a Whil program	50
	Favorite a recipe	10
Weekly	Add recipe to your grocery list	10



Ways to earn points:

	Do healthy things	Earn points
Monthly	Take 7,000 steps 20 days in a month	400
	Take 10,000 steps 20 days in a month	500
	Track Healthy Habits 10 days in a month	200
	Track Healthy Habits 20 days in a month	300
	Complete 10 Daily Cards in a month	100
	Complete 20 Daily Cards in a month	200
	Track sleep 10 days in a month	100
	Track sleep 20 days in a month	200
	Join a personal Challenge	300
	Achieve the prompted Healthy Habit challenge 5 of 7 days	200
	Sleep > 7 hours 20 days in a month	300
	Track calories 10 days in a month	200
	Track calories 20 days in a month	300
	Complete 10 Whil sessions a month	100
	Complete 20 Whil sessions a month	200
Quarterly	Health Station measurements (weight/blood pressure)	500
	Self-entered measurements	500
	Set your interests	200
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	450
Yearly	Complete the Nicotine-Free Agreement	100
	Complete the Health Assessment	1500
	Set a wellbeing goal	200
	Choose your eating type	250
	NEW My Care Checklist- members will earn points for any preventative exam	500

How to use Pulse Cash:



Visit the store.



Donate it.



Get a gift card.



Redeem to Bank Account.

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!

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.

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 and Topics

We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need—fast.

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.

Whil Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

Have questions? We're here to help.

Check out [support.virginpulse.com](mailto:support@virginpulse.com)

Send us an email: support@virginpulse.com

Live chat on member.virginpulse.com | Monday–Friday, 2 am–9 pm ET

Give us a call: **844-394-9646** | Monday–Friday, 8 am–9 pm ET

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at support.virginpulse.com.