

# Build a better you

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and live better every day.

## Here's how to get started:

- 1 **Activate your Virgin Pulse account.**
- 2 **Download the Virgin Pulse mobile app** for iOS or Android.
- 3 **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Misfit, etc.)
- 4 **Upload a profile picture and add some friends.**
- 5 **Start a little healthy competition** and create or join a challenge with friends.

### Not a member yet?

To register – visit [join.virginpulse.com/infawellness](https://join.virginpulse.com/infawellness) and confirm your information to create your account.

Already a member? Log in at [member.virginpulse.com](https://member.virginpulse.com)



## Rewards you can earn each quarter:

	Level 1	Level 2	Level 3	Level 4	Keep going!
<b>Points</b>	1,000	5,000	12,000	20,000	
<b>Rewards</b>	\$10	\$20	\$30	\$35	

Earn up to \$380 a year in rewards for 2020!

## Ways to Earn:

	Do healthy things	Earn Points
<b>Daily</b>	Upload steps from your activity tracker (Apple Watch, Fitbit, Virgin Pulse Mobile App)	Per 1,000 steps 10
	Track your Healthy Habits	3x per day 10
	Complete a Journey Step	20
	Do your daily cards	2x per day 20
<b>Monthly</b>	Join a personal challenge	100
	Track the promoted Healthy Habits Challenge 5 out of 7 days	300
	Complete 20 Whil sessions	200
<b>Yearly</b>	Complete Tobacco Free Agreement	100
	Set a wellbeing goal	200
	Complete MyPulse Health Risk Assessment	1,000
<b>One-time</b>	Connect first activity device	200

For more ways to earn, visit **How to Earn** under the **Rewards** tab on the site — or **Learn How to Earn More Points** under **Rewards** on the mobile app.

### Have Questions?

Web: [support.virginpulse.com](https://support.virginpulse.com)

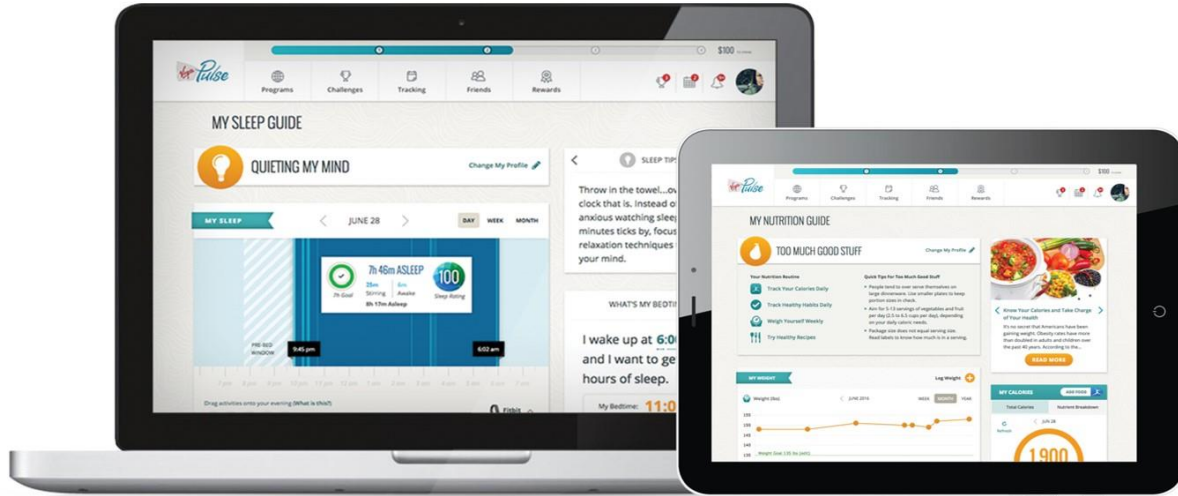
Live chat: [member.virginpulse.com](https://member.virginpulse.com) | Monday-Friday 2:00am-9:00pm EST

Call us: (888) 671-9395 | Monday-Friday 8:00am-9:00pm EST



# Build healthy eating and sleep habits for life!

Use the **Nutrition Guide** to fine tune your eating style and chart your progress. Check out the **Sleep Guide** for helpful ways to improve your sleep, so you can feel your best each day.



## Earn points for making healthy eating choices

		Points
Daily	Calorie tracking in MyFitnessPal	20
	Browse healthy recipes in Zipongo	10
Weekly	Favorite a recipe in Zipongo	10
Monthly	Track calories 10 days in a month in MyFitnessPal	200
	Track calories 20 days in a month in MyFitnessPal	300
Quarterly	Choose your eating type	250
One-Time	Connect calorie tracker	100

## Earn points for getting enough sleep

		Points
Daily	Track sleep manually	10
	Track validated sleep nightly	20
	Sleep > 7 hours in a night	50
Monthly	Track sleep 10 days in a month	100
	Track sleep 20 days in a month	200
	Sleep >7 hours 20 days in a month	300
Quarterly	Choose your sleep profile	250