

# Virgin Pulse user guide



**Small steps lead to big changes.** 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.

Sign up now  
Already a member?

[join.virginpulse.com/mcwow](https://join.virginpulse.com/mcwow)  
[member.virginpulse.com](https://member.virginpulse.com)



# How to get started:

## Step 1

Sign up for your Virgin Pulse account by going to [join.virginpulse.com/mcwow](https://join.virginpulse.com/mcwow) (Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com))

## Step 2

Accept our 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

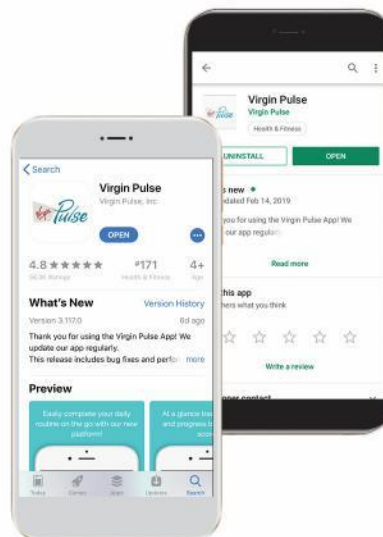
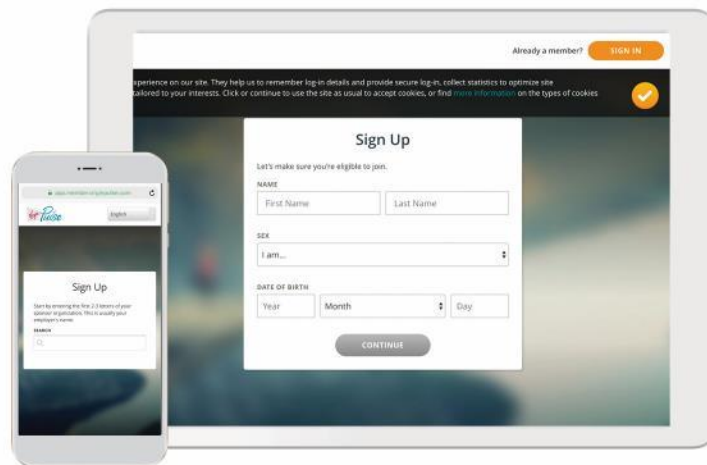
Upload a profile picture and add some friends.

## 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.





## Connect a fitness tracker

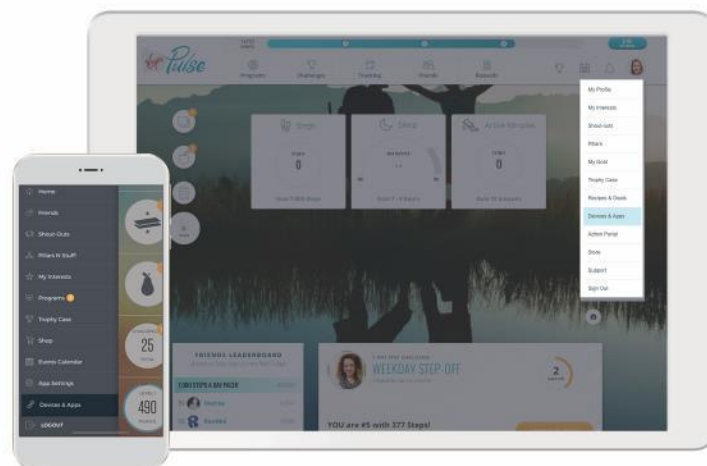
Keep track of how well you're doing by using a fitness tracker or your mobile phone. Then challenge yourself to take it up a notch!

### Don't have a device?

You can order a fitness tracker in the **Virgin Pulse store** or connect to one of our free, compatible devices and apps to track your daily steps. Check out your options by going to the Devices & Apps section.

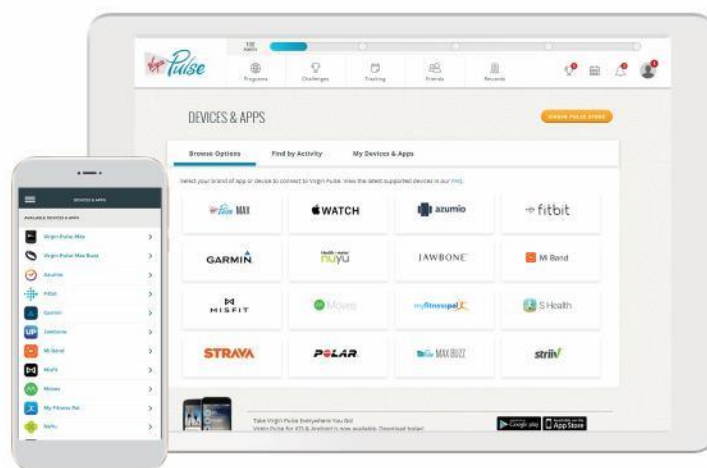
### Step 1

Go to **Devices & Apps** in the menu.



### Step 2

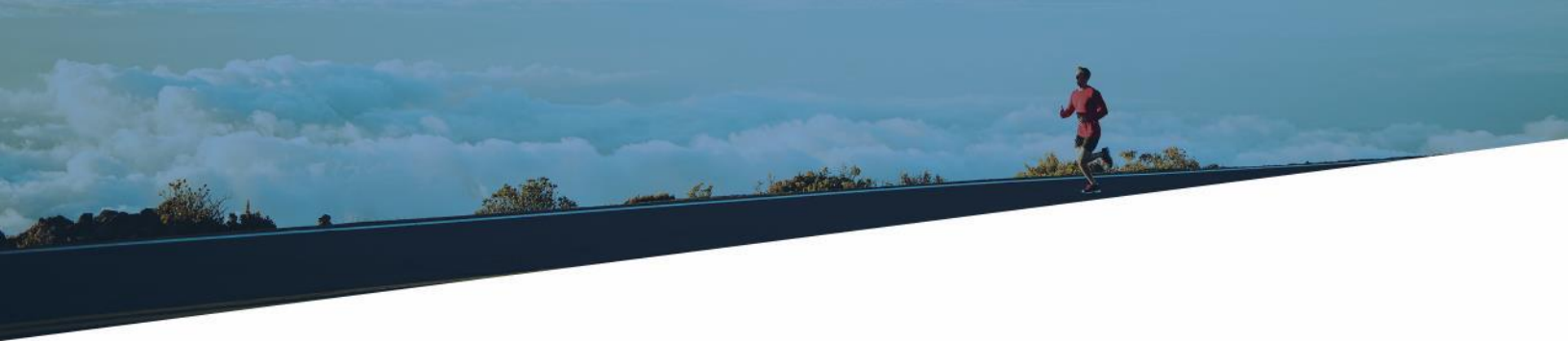
Choose the device you'd like to connect.



### Step 3

Follow a few simple steps. You'll see instructions right on your screen.





## See a clear picture of your health

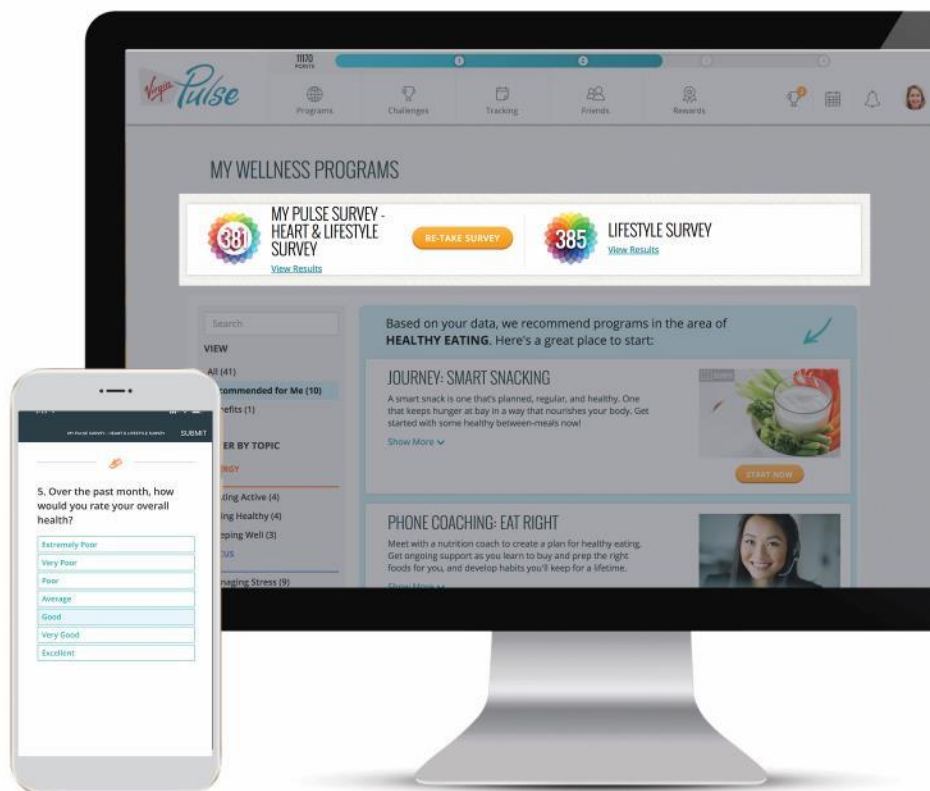
The best place to start is by taking the Health Risk Assessment. This confidential, short survey assesses your health across seven factors, from mental health to fitness. You get a personalized report and actions to take!

### Step 1

Go to **Programs** in the menu.

### Step 2

Take the Health Risk Assessment and get a clear snapshot of your health.





# Start stepping

Start getting active and tracking your steps, calories consumed, workouts, and sleep data. Look for small improvements over time and celebrate your accomplishments.





# Set your interests

Choose to work on the areas that matter the most to you, whether it's your eating habits, sleep, physical activity, relationships, finances, or something else.

## Step 1

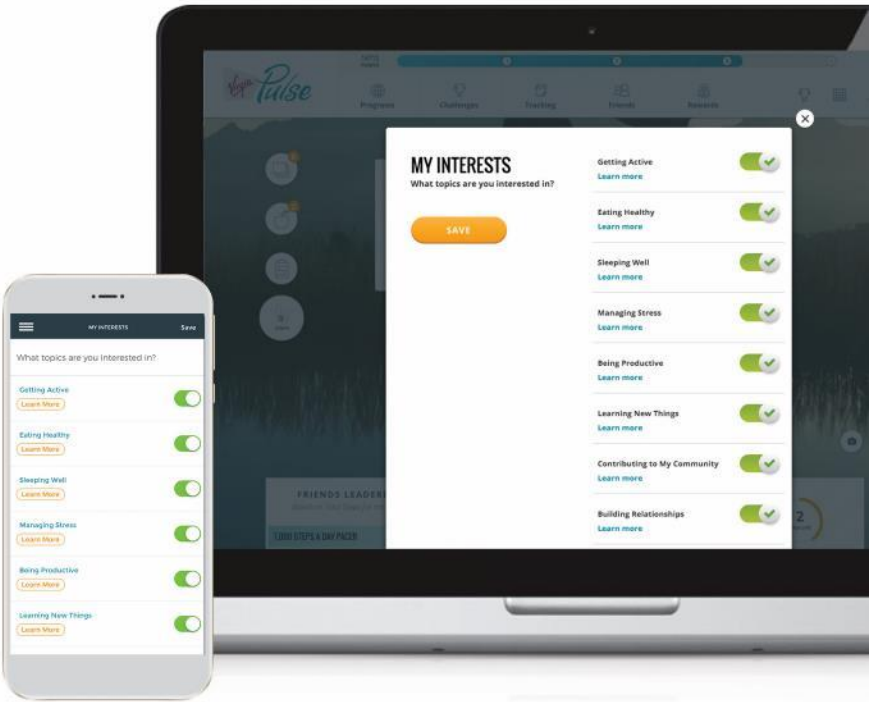
Go to **My Interests** in the menu.

## Step 2

Choose the areas that interest you the most.

## Step 3

Now you'll get tips and information — just about your interests!



## Add coworkers, friends, and family

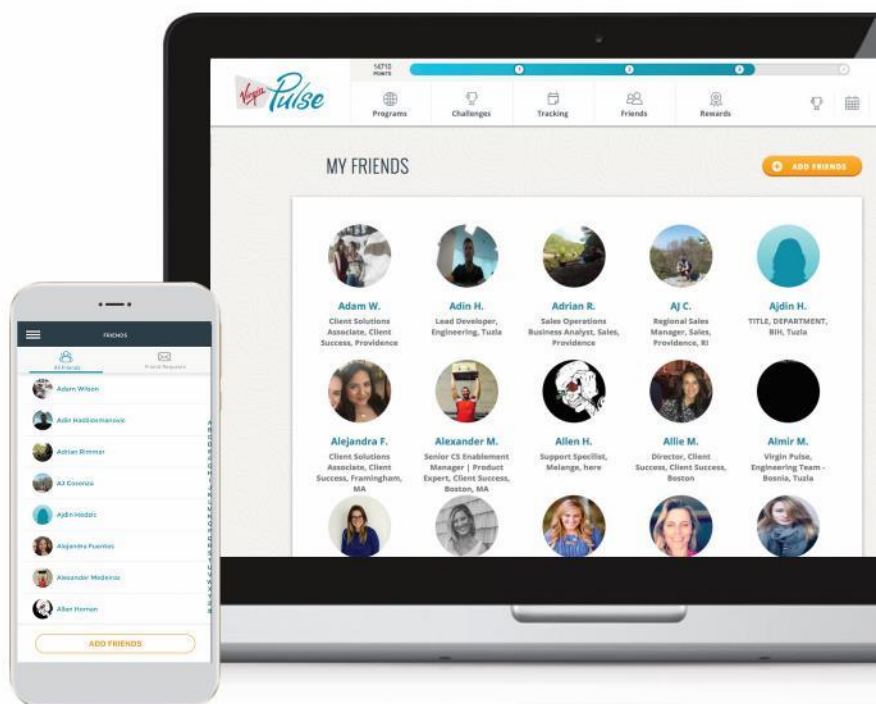
Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

### Step 1

Go to **Friends** in the menu.

### Step 2

Choose **Add Friend** (for your coworkers) or **Add Friend From Outside the Company** (for friends and family members who don't use your company's benefits).



#### Add an eligible spouse or domestic partner

Your eligible spouse or domestic partner can join the program with an account similar to yours! First, they'll get an email to sign up. Once an account has been created, you can connect with your spouse or domestic partner by choosing **Add Friend**.





# Get quick, simple tips

Learn easy-to-do, daily tips to help you get more active, eat well, manage life's ups and downs — and much more.

## 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.

## Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

## 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.

## Daily Cards

Every day we'll send you 2 new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

## 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!

## Whil Mindfulness

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

## Journeys® Digital Coaching

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool, Journeys®, to make simple changes to your health, one small step at a time.

## Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others, and achieve goals together.

## Phone Coaching

Talk to a professional clinician and coach over the phone to get one-on-one support, expert guidance, and help navigating your healthcare questions.

## Peer Coaching

Need some motivation? Request a peer coach online or via our app! Someone will be there to cheer you on as you make your way toward better health.





# Build daily healthy habits

We'll give you bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful.

## Step 1

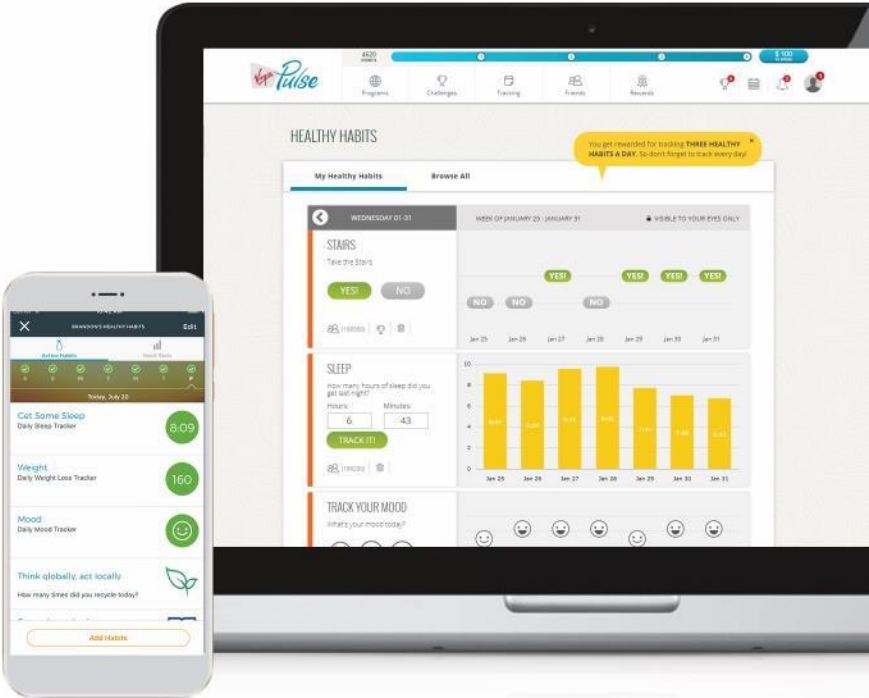
Choose a healthy habit you'd like to work on.

## Step 2

Work on it, little by little, every day.

## Step 3

Experience the rewards of better health and wellbeing!



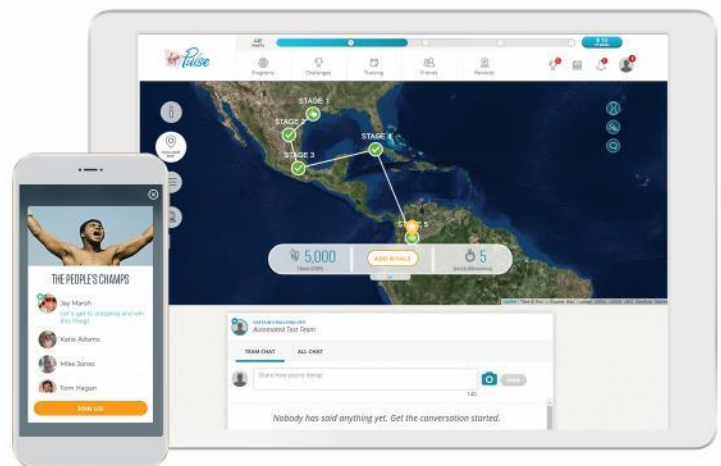


## Engage in some healthy competition

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

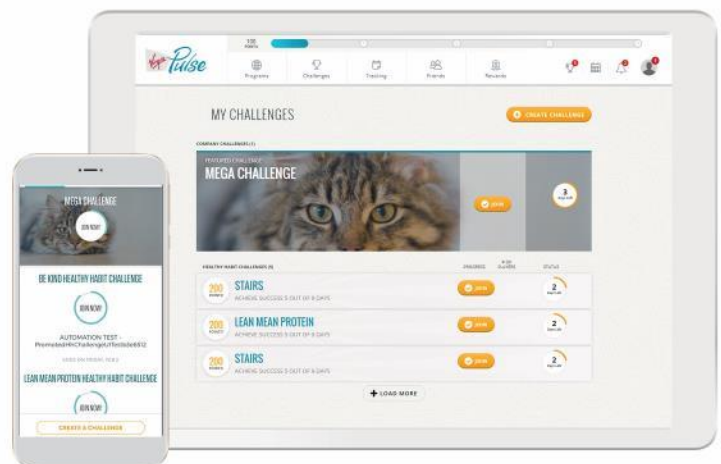
### Company challenges

Stay tuned for company-wide challenges where you can go head-to-head with friends and rivals across your organization. Post comments to cheer each other on.



### Healthy Habit Challenges

Challenge your coworkers and friends to track a healthy habit for 5 out of 7 days. Use the chat feature to share your strategy for achieving the healthy habit each day.



### Personal Step Challenges

Challenge your coworkers and friends to a step-off. You choose the type (1 day, weekday, or weekend) and then invite your coworkers and friends. Use the chat feature to share your strategy and motivation.

# Experience the rewards of being the best version of you

When you make small changes every day to your wellbeing, you'll feel healthier, happier, and more energetic.

## Rewards

Earn points for the healthy activities you do!  
These points turn into rewards that you can spend.

## Trophies

Who doesn't love celebrating with a trophy?  
Collect them all as you go!



**Do**  
Healthy Things



**Earn**  
Points



**Celebrate**  
Success

## Have questions? We're here to help.

Check out [support.virginpulse.com](https://support.virginpulse.com)  
Live chat on [member.virginpulse.com](https://member.virginpulse.com)  
Monday — Friday 2:00 am to 9:00 pm EST

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

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

## Give us a call:

(888) 671-9395  
Monday — Friday  
8:00 am to 9:00 pm EST

## Send us an email:

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

