



[Client Name]

WELLBEING 2022 PROGRAM GUIDE

CLIENT LOGO

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 your program, you'll build healthy habits, have fun with co-workers and experience the lifelong rewards of better health and wellbeing.

Sign up today at: join.virginpulse.com/COMPANY

Already a member? member.virginpulse.com



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Program Vision & Overview

[Name] is an employee wellbeing program that provides wellbeing resources and promotes healthy lifestyles and a positive work environment. Our CEO, [name], talks about the importance of self-care because employee health and wellbeing is a chief priority. We believe that work-life balance and healthy employees are vital to providing great service. Now more than ever, we're committed to your wellbeing!

Through our online wellbeing platform, multiple activities will support all 4 pillars of our wellbeing program:

- Social
- Physical
- Emotional
- Financial

It's easy, fun and designed to fit the needs and goals of all employees. You'll find a wealth of health resources, a full range of activities and fun challenges. Plus, you can choose to engage with co-workers and family members!

At a time when we all are moving at lightning speed and have a multitude of reasons to be "too busy," let's remind ourselves that it is essential we carve out time to focus on our own wellbeing and self-care.

Stay Well!



What's in it for you?

Participation Bene-Fits:

- Learn to maintain a healthy lifestyle
- Earn Pulse Cash rewards and redeem for fitness training accessories, gift cards, activity trackers and more
- Opportunity to earn annual Gold, Silver and Bronze Wellbeing Awards
- Opportunity to win the annual weekend getaway at [location]

Platform Bene-Fits:

- Connect your favorite fitness tracker
- See a clear picture of your health with the Health Check survey
- Get quick, simple tips daily
- Build healthy habits that stick
- Engage in healthy competition with friends
- Take advantage of personalized tools and support to help you meet your wellbeing goals

Rewards

Earn points for the healthy activities you do! These points turn into rewards that you can spend in the Virgin Pulse online store.



Do healthy things



Earn points



Celebrate success

Earn points for completing activities.

Tier	Full Time Equivalence	Reward Earned
Tier 1	75%-100%	\$XXX Pulse Cash
Tier 2	15%-74%	\$XXX Pulse Cash
Tier 3	Less than 15%	\$XX Pulse Cash

Look for additional Pulse Cash drawings throughout 2022.



Visit the store



Get a gift card



Donate it

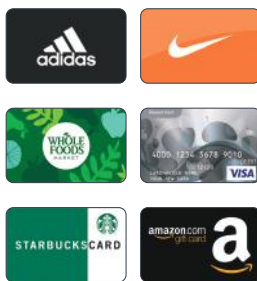
How to redeem your hard-earned Pulse Cash.

Sign into your Virgin Pulse account. Hover over **Home** in the top-navigation menu. In the drop-down menu that appears, select **Rewards**. Select **Spend** and choose how you'd like to redeem your Pulse Cash. Note: you must have Pulse Cash available to spend in order to have this option display.

Visit the store



Get a gift card



Donate it



Questions?

Check out support.virginpulse.com

Live chat: support.virginpulse.com | Monday-Friday 1 am–8 pm CT

Give us a call: 888-671-9395 | Monday-Friday 7 am–8 pm CT

Send us an email: support@virginpulse.com

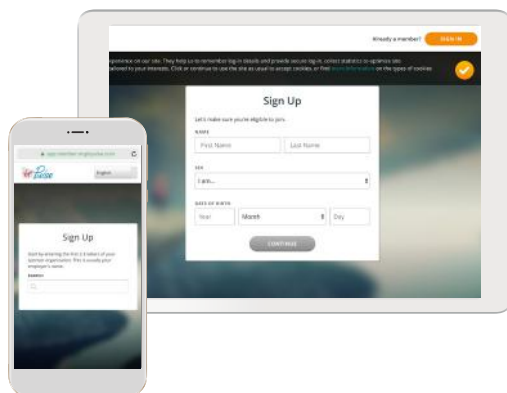
[Client] Wellbeing Program Contact: example@example.com

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.

How to get started:

Step 1

Sign up for your Virgin Pulse account by going to join.virginpulse.com. (Already a member? Sign in at member.virginpulse.com.)



Step 2

Accept our terms and conditions, and choose your email preferences to get the latest tips and information.

Step 3

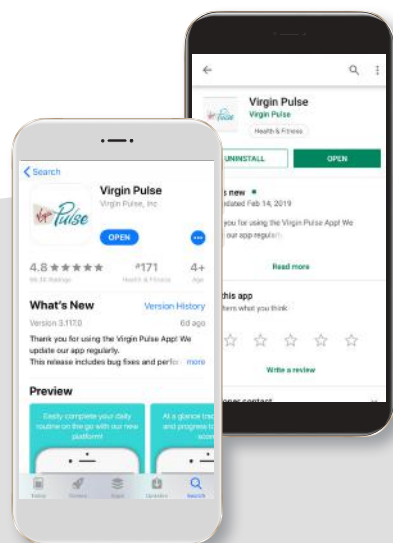
Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

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

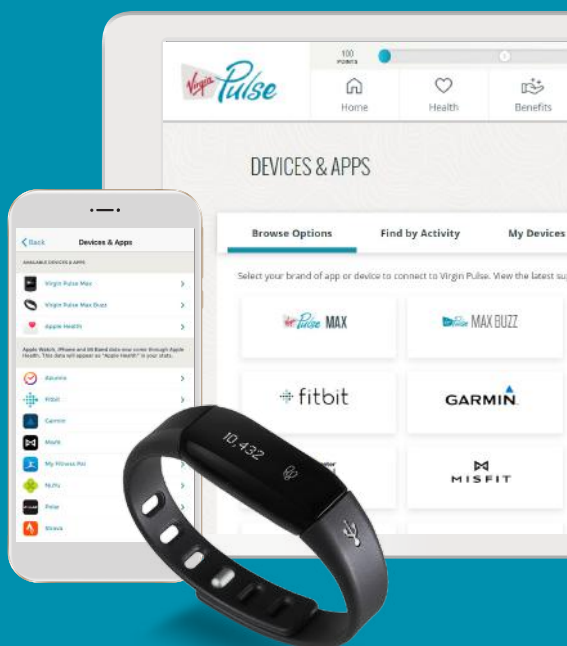
Go to **Devices & Apps** in the menu.

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

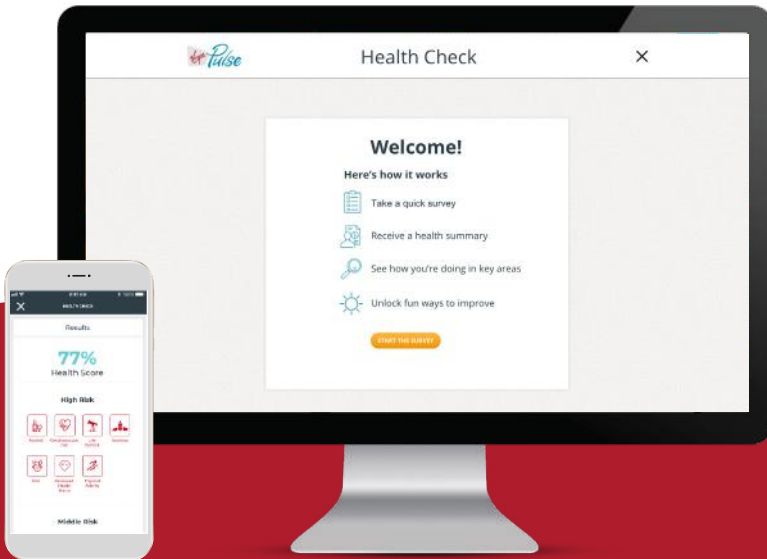
The Health Check survey is the best place to start. This confidential, short survey assesses your health across 7 factors, from mental health to fitness. You get a personalized report and actions to take!

Step 1

Go to **Benefits** in the menu.

Step 2

Take the Health Check survey 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

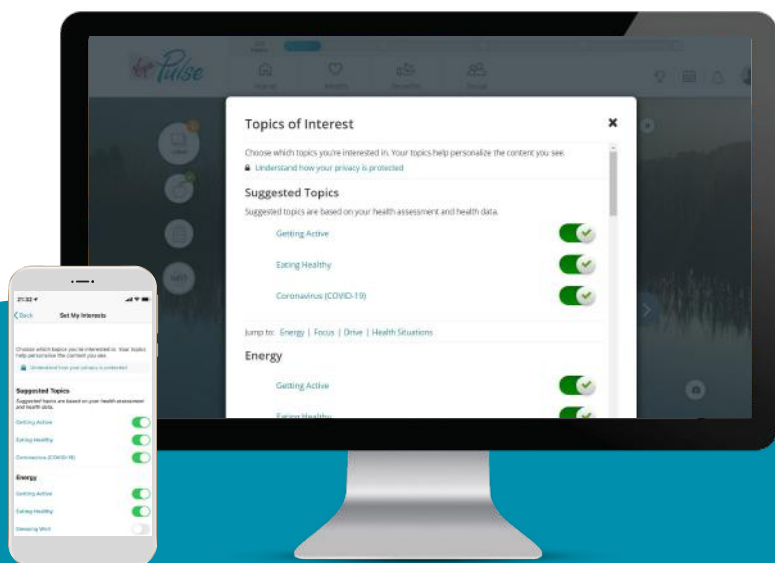
Go to **Topics of Interest** in the menu.

Step 2

Choose the areas that interest you the most.

Step 3

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





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

Note: Once a friend is added, they are a friend for life and cannot be removed.

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

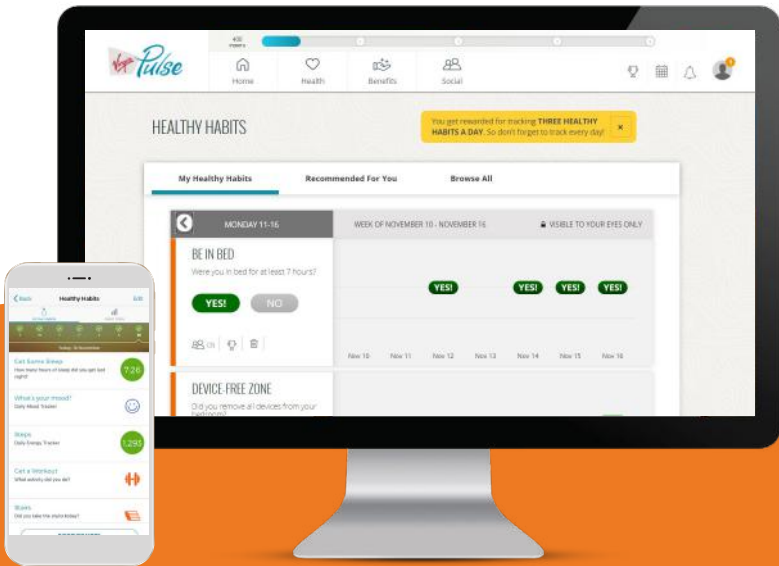
Choose a Healthy Habit you'd like to work on.

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

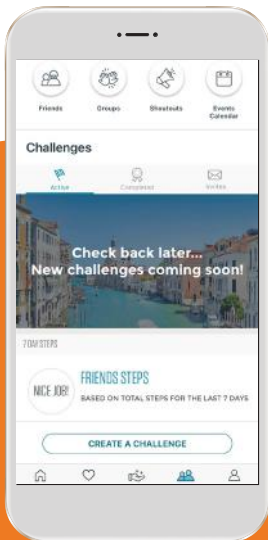
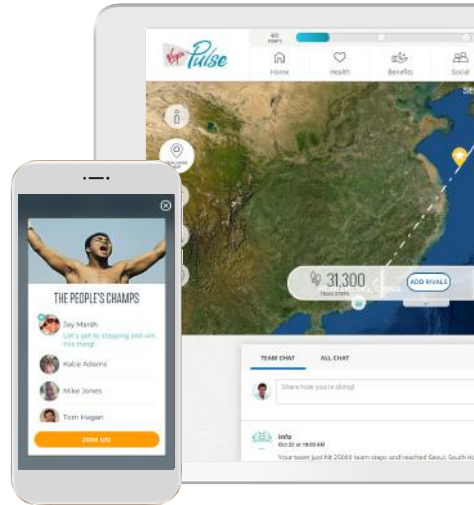
Rally your co-workers for the latest company step challenge!
Or gather a small group of co-workers or friends, and challenge one another to start a new Healthy Habit.

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



Helpful resources at your fingertips

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 by a certain time. Then, get information to help you rest.

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.

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!

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.

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.

Healthy Habits

Select Healthy Habits to work toward and track your progress every day.

Whil Mindfulness

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

Frequently Asked Questions

Q: Who is Virgin Pulse?

Our wellbeing partner Virgin Pulse provides technology that cultivates good lifestyle habits. The platform provides employees with scientifically backed tools to help us be more active and make healthier decisions. It allows for engagement in a variety of activities leading to healthy changes and rewards. The platform can be personalized to your goals and lets you track your progress anytime, anywhere.

Q: Where do I need to go to access wellbeing information?

A: Go to join.virginpulse.com for all wellbeing information including registration, participation, activities, health resources and points.

Q: Who do I contact if I have questions about Virgin Pulse?

A: Email Virgin Pulse support at support@virginpulse.com or call 888-671-9395, Monday–Friday 7 am–8 pm CT.

Q: Who do I contact for questions about the wellbeing program?

A: Email example@example.com.

Q: Do I need to register for the wellbeing program?

A: Yes, registration is required to participate in the wellbeing program. To register, go to join.virginpulse.com/company. Download the mobile app for on-the-go access and start browsing the Virgin Pulse platform. You'll earn points just for completing your registration.

Note: When you register on the Virgin Pulse platform, you will be required to review and accept privacy and data policies.

Q: Is my health information confidential?

A: Yes, the Virgin Pulse wellbeing program is confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with Virgin Pulse will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

[Company Name]
Attention: Human Resources Department
XX Street Name, St
City/Town, State XXXXX

