



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 document your daily progress. 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?

Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/smp





Do
Healthy Things



Be
Rewarded



Celebrate
Success

Ways to Earn:

Complete Health Assessment to be entered into a raffle!

Complete Biometric & Tobacco Agreement for Premium Discount!

Complete Biometric and Tobacco Agreement by 10/15/2020!

Open to individuals hired before 7/15/2020.

Open to all benefit eligible employees & spouses.

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