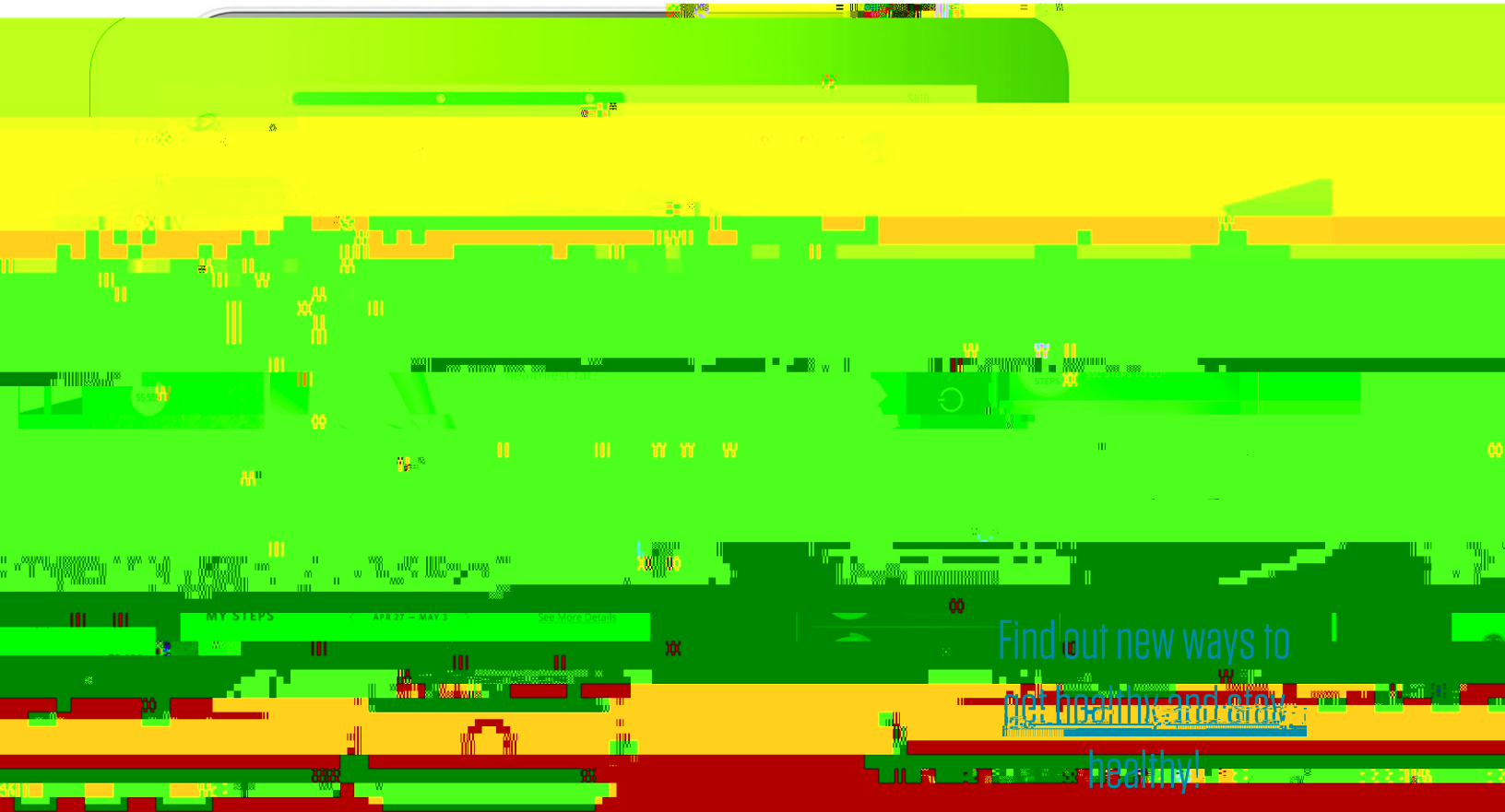


The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded.



What You'll Do

- ➔ Register for your Virgin Pulse program.
- ➔ Download the Virgin Pulse app (available for iOS and Android). Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!

Your rewards

It's easy to earn points by making healthy decisions. The more you make, the

How to Earn Points

Activity

Upload steps from
your activity tracker
(Apple Watch, Fitbit, Garmin,
Shine, VP Mobile)

DAILY
(up to 140 Points/day)

Per 1,000 steps
15 or more active minutes
30 or more active minutes
45 or more active minutes

10 Points
70 Points
100 Points
140 Points

MONTHLY

Take 10,000 steps 20 days in a month

400 Points
500 Points

Measurements

MONTHLY

Enter your measurements
(weight and/or blood pressure)

50 Points

Self Tracking

Track Healthy Habits
and various activities

DAILY

Track healthy habits (3 max)

10 Points

MONTHLY

Track 10 days in a month
Track 20 days in a month

200 Points
300 Points

Cards

DAILY

Complete cards (2 per day)

20 Points

MONTHLY

Create a personal challenge
Join a personal challenge
Achieve the promoted Healthy Habit for 5 of 7 days
Achieve 3 personal challenges

50 Points
100 Points
200 Points
100 Points

**Learn the basics of emotional
intelligence, mindfulness and
yoga with WHIL**

DAILY

Complete a Whil program

20 Points

WEEKLY

Complete a Whil program

50 Points

MONTHLY

Complete 10 Whil sessions in a month
Complete 30 Whil sessions in a month

100 Points
200 Points

Set interests

100 Points

YEARLY

Wellness Exam
Flu Shot
Dental Exam (2 per year)
Vision Exam
Health Assessment
Cancer Screening (3 per year)

20,000 Points
2,500 Points
2,500 Points
2,500 Points
2,500 Points

More!

ONE-TIME

Connect first activity device
First login to mobile app
Refer a colleague (5 Max)
Add first 5 friends

200 Points
250 Points
250 Points
250 Points

PROGRAM

Tobacco Free Agreement
Stress Management

250 Points
200 Points

Visit the [How to Earn](#) page for more ways to earn rewards!



Sign up now at join.virginnurse.com/WEI1STYLES

Already a member? Login at member.virginnurse.com

Questions?

-671-9395

