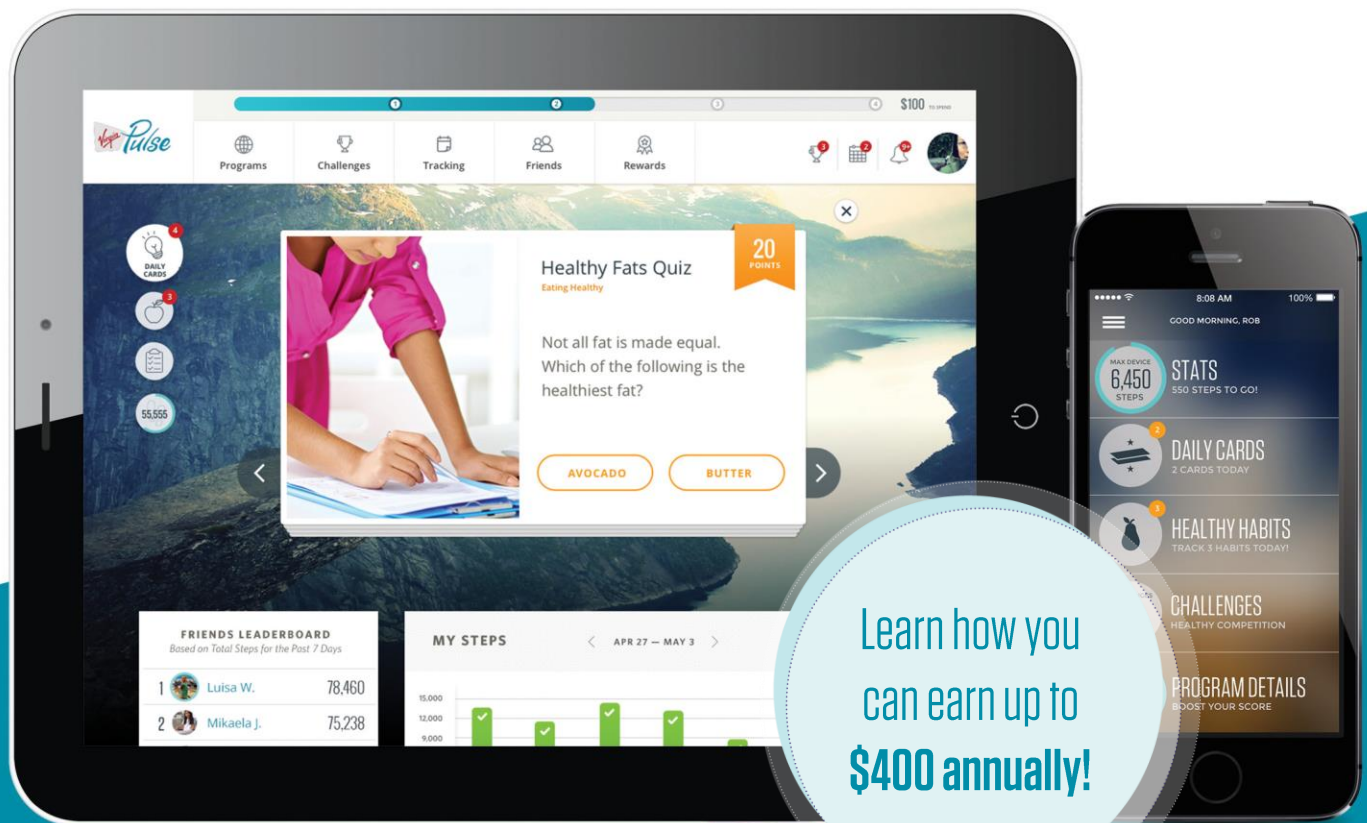# IT'S YOUR TIME TO THRIVE.

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

Learn how you can earn up to **$400 annually!**

## What You'll Do

➡ Enroll in the Pulse program and receive a free activity and sleep tracking device (or a $24.99 credit towards an alternate device)

➡ If you have a smartphone, download the free Virgin Pulse mobile app for iOS or Android to access your Pulse account at your fingertips.

➡ Earn points by tracking your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!

➡ Check in by taking health measurements like weight and blood pressure at an onsite Health Station.

➡ Take part in campus-wide challenges and challenges with friends, discover healthy tips, and more.

➡ Redeem points for rewards such as gift cards and Visa cash cards, transfer your earned money directly into your bank account, make a donation to charity or make a purchase in the Pulse store.

*Learn more at dartgo.org/pulseprogram*

# Your rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards!

**DO HEALTHY THINGS** → **WIN POINTS** → **EARN REWARDS** up to $400
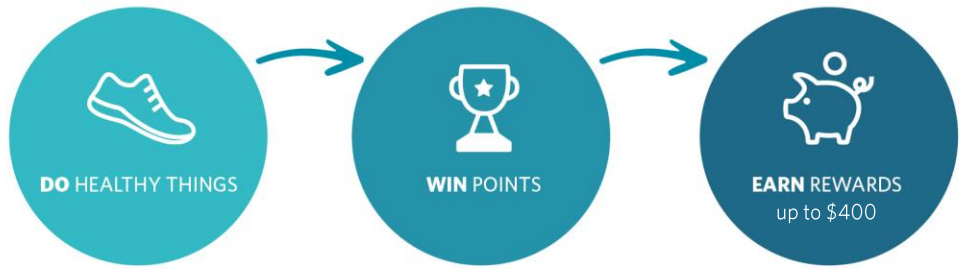
|  | Level 1 | Level 2 | Level 3 | Level 4 |
|---|---|---|---|---|
| POINTS EARNED | 500 | 5,000 | 10,000 | 15,000 |
| REWARDS PER PARTICIPANT | $10 | $20 | $30 | $40 |

A reward is earned at each Level reached; a total of $100 is earned when Level 4 is reached.

## How to Earn Points

### Activity
Upload steps from your activity tracker or mobile app

| DAILY (up to 140 Points/day) | | |
|---|---|---|
| | Per 1,000 steps | 10 Points |
| | 15 or more active minutes | 70 Points |
| | 30 or more active minutes | 120 Points |
| | 45 or more active minutes | 140 Points |
| MONTHLY | Take 7,000 steps 20 days in a month | 400 Points |
| | Take 10,000 steps 20 days in a month | 500 Points |

### Measurements

| QUARTERLY | Health Station measurements (weight and/or blood pressure) | 500 Points |
|---|---|---|
| | Self-entered measurements | 250 Points |

### Self Tracking
Track Healthy Habits and various activities

| DAILY (up to 30 Points/day) | Track a Healthy Habit (one entry) | 10 Points |
|---|---|---|
| MONTHLY | Track Healthy Habits 10 days in a month | 200 Points |
| | Track Healthy Habits 20 days in a month | 300 Points |

### Cards
Complete via website or mobile app

| DAILY | Complete card (2/day) | 20 Points |
|---|---|---|
| MONTHLY | Complete 10 daily cards in a month | 100 Points |
| | Complete 20 daily cards in a month | 200 Points |

### Challenges

| MONTHLY | Join a personal challenge | 300 Points |
|---|---|---|
| | Achieve the promoted Healthy Habit for 5 of 7 days | 200 Points |

### More!

| ONE-TIME | Add 5 friends | 250 Points |
|---|---|---|
| | First mobile app log in | 250 Points |
| | Complete Registration | 150 Points |
| | Add a profile picture | 150 Points |
| | Connect activity device | 150 Points |
| ANNUALLY | Nicotine Free Agreement | 100 Points |
| | Complete the Health Assessment | 1000 Points |
| | Set a wellbeing goal | 200 Points |
| QUARTERLY | Set your interests | 200 Points |

**Sign up now at** dartgo.org/joinpulse
Already a member? Login at dartgo.org/pulse
**Questions?** Contact Member Services at 888-671-9395

**Pulse** AT DARTMOUTH

# Are you getting enough sleep?

For many adults, the answer is no. But a good night's sleep will do wonders for your mind and body. Let **Virgin Pulse Sleep Guide** show you helpful ways to improve sleep, so you can feel your best each day! As an added bonus, you can earn reward points, too.
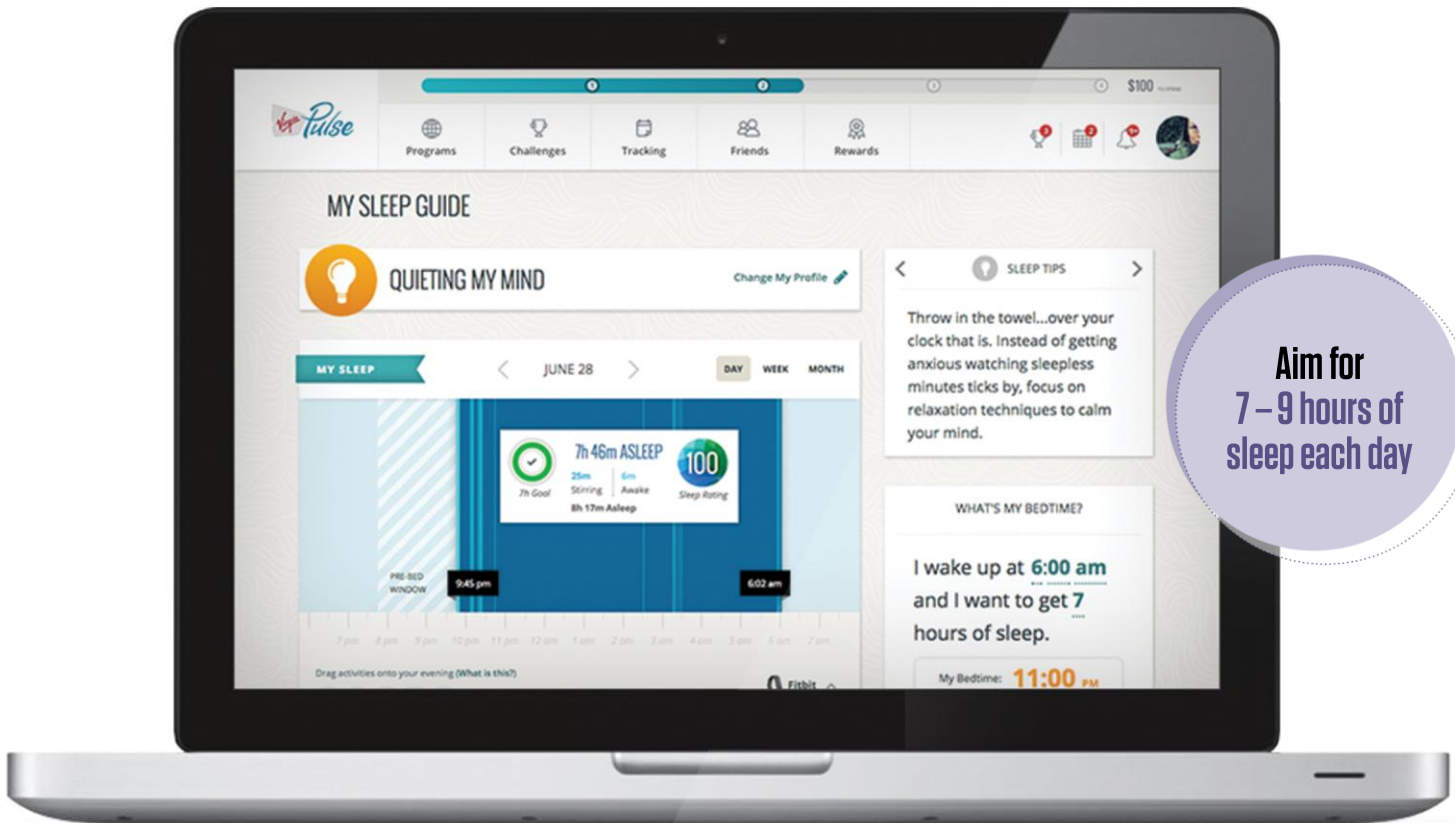
Aim for
**7 – 9 hours of sleep each day**

## Earn points for getting enough sleep!

| Sleep | DAILY | Track sleep nightly<br>Sleep >7 hours in a night | 20 Points<br>50 Points |
|---|---|---|---|
| | MONTHLY | Track sleep 10 days in a month<br>Track sleep 20 days in a month<br>Sleep >7 hours 20 days in a month | 100 Points<br>200 Points<br>300 Points |
| | QUARTERLY | Choose your sleep profile | 250 Points |

**Sign up now at** dartgo.org/joinpulse
Already a member? Login at dartgo.org/pulse

**Questions?** Contact Member Services at 888-671-9395

Pulse
AT DARTMOUTH

# Build healthy nutritional habits for life!

Good nutrition and regular exercise are essential for good health. But we understand it's not always easy to stay on course! Say hello to the **Virgin Pulse Nutrition Guide**, an easy-to-use guide to help you navigate the nutrition landscape. As an added bonus, you can earn reward points, too.
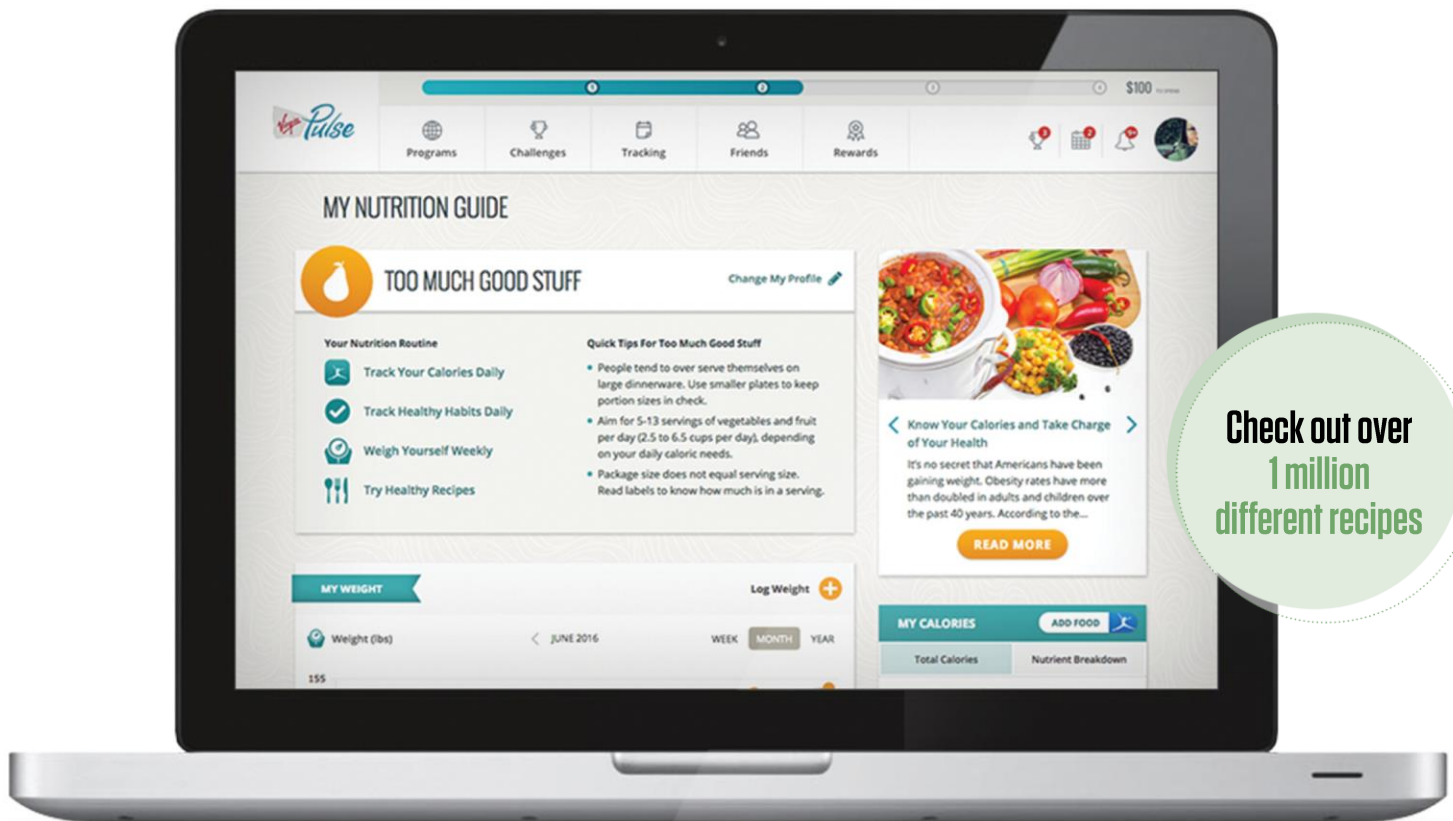


**Check out over 1 million different recipes**

## Earn points for making good nutritional choices!

| Nutrition | | | |
|---|---|---|---|
| | DAILY | Browse healthy recipes | 10 Points |
| | | Daily calorie tracking | 20 Points |
| | WEEKLY | Favorite a recipe | 10 Points |
| | | Add a recipe to grocery list | 10 Points |
| | MONTHLY | Track calories 10 days in a month | 200 Points |
| | | Track calories 20 days in a month | 300 Points |
| | ANNUALLY | Choose your eating type | 250 Points |
| | ONE-TIME | Connect to MyFitnessPal | 100 Points |

**Sign up now at** dartgo.org/joinpulse
Already a member? Login at dartgo.org/pulse

**Questions?** Contact Member Services at 888-671-9395

**Pulse** AT DARTMOUTH