



**Earn up to
\$400
per year!**

VIRGIN PULSE WELLBEING PROGRAM

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus 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.

What's in it for you:

- Receive a free Max Buzz activity tracker (or \$24.99 toward a device of your choice).
- Earn up to \$400 in Pulse Cash. Redeem Pulse Cash for merchandise in the Virgin Pulse Store, gift cards or Visa cash cards. Or, you can redeem them as a deposit into your bank account or put them toward a charitable donation.
- Access personalized tools and support to meet your wellbeing goals.



Sign up and get started

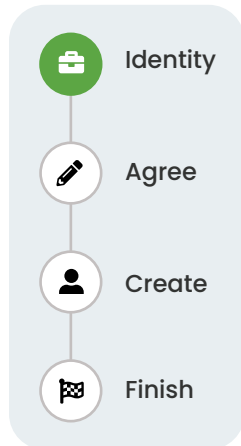


Step 1

Visit dartgo.org/joinpulse or download and open the Virgin Pulse app and select **Create Account**.

Already a member? Sign in at dartgo.org/pulse.

Follow the progress bar as you complete these easy steps:



Tell us who you are. We'll ask for a few details about you and your sponsor organization Dartmouth, to check your eligibility. Some of the fields may already be filled.

Legal and privacy. Review and agree to the rules, data collection and privacy policy.

Create your account. Add your email, make a password and give us some additional details to customize your experience.

You're all set. Your account is ready. Click **Take Me There** to sign in.

Step 2

Connect a device or app to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few. Go to **More** and select **Devices & Apps** to connect your device.

Step 3

Upload a profile picture and add some friends.

Step 4

Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 5

Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

How to order a free device:

Sign in to your Virgin Pulse account. Go to **More** and select **Store**. Then, go to **Products > Fitness Tracking Devices**. Select the **Max Buzz** device > **Buy Now > Go to Cart**.

Once the Max Buzz has been added to your shopping cart, the subsidy will apply and your total will reflect **\$0.00**. Or, use your credit of \$24.99 toward the purchase of a different device in the Virgin Pulse store.

Scan the QR code to download the app.



Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn. Here's how to progress through the levels each quarter:

What you can earn each calendar quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	1,000	5,000	12,000	20,000	
Pulse Cash	\$10	\$20	\$30	\$40	\$100

Pulse Cash annual max: \$100 x 4 quarters = **\$400**

Ways to earn points:

	Do healthy things:	Earn points:
Getting started	Complete registration	250
	First login to mobile app	250
	Connect first activity device	150
	Connect to MyFitnessPal	100
	Add 5 friends	250
	Add a profile picture	150
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Achieve 15 or more active minutes	70
	Achieve 30 or more active minutes	100
	Achieve 45 or more active minutes	140
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a RethinkCare session	20
	Browse healthy recipes	10
	Complete a step in Journeys®	20
Weekly	Complete a RethinkCare program	50
	Favorite a recipe	10
	Add a recipe to your grocery list	10

Ways to earn points:

	Do healthy things:	Earn points:
Monthly	Take 7,000 steps 20 days in a month	400
	Take 10,000 steps 20 days in a month	500
	Track Healthy Habits 10 days in a month	200
	Track Healthy Habits 20 days in a month	300
	Complete 10 Daily Cards in a month	100
	Complete 20 Daily Cards in a month	200
	Track sleep 10 days in a month	100
	Track sleep 20 days in a month	200
	Join a Personal Challenge	300
	Achieve the promoted Healthy Habit Challenge 5 of 7 days	200
	Sleep > 7 hours 20 days in a month	300
	Track calories 10 days in a month	250
	Track calories 20 days in a month	350
	Complete 10 RethinkCare sessions a month	100
	Complete 20 RethinkCare sessions a month	200
	Quarterly	Complete health station measurements (weight/blood pressure)
Self enter your measurements		500
Set your interests		200
Choose your sleep profile		250
Complete a Journey (3x per quarter)		450
Yearly	Complete the Nicotine-Free Agreement	100
	Complete the Health Check	1,500
	Set a wellbeing goal	200
	Choose your eating type	250
	My Care Checklist - members will earn points for any preventive exam	500

Use your Pulse Cash:



Add to the bank



Visit the store



Donate it



Get a gift card

Engage in activities that fit your interests

Learn easy ways to get more active, eat well and manage life's ups and downs—every day!

Challenges

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

Daily Cards

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

Journeys®

Want to eat healthier or sleep better? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

My Care Checklist

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

Nutrition Guide

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

Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

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!

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.

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.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 844-394-9646
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.