

## LIVE BETTER EVERY DAY.

Take what matters most to you...add games, rewards, challenges, friends...wrap it up in the latest technology...and say hello to Virgin Pulse!

Learn more [join.virginpulse.com/northeastern](http://join.virginpulse.com/northeastern)

### How it Works

Being more active, getting more sleep, eating nutritious foods – healthy behaviors like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great! The more healthy decisions you make, the more HealthMiles (points) you earn, the more rewards you get!

#### THE BASICS

- Start by making a commitment to healthier living.
- Use your Max pedometer and your personal Virgin Pulse account to keep track of all your healthy activities from moving more to drinking more water to getting more sleep. The more you do the more HealthMiles (points) you earn.
- Check in by entering health measurements like weight and blood pressure; earn HealthMiles (points) for that, too.
- Know & Go Challenges are one week long and are offered twice per month. They are an easy way to earn extra HealthMiles (points).
- Activity Promotions are offered monthly and provide bonus opportunities to earn extra HealthMiles (points) per month!

### CLIP ON YOUR MAX AND...GO!



Your Max measures your daily activity in steps. Wear it clipped to your waistband or pocket for the most accurate results. It's easy, quick and helps you earn rewards.

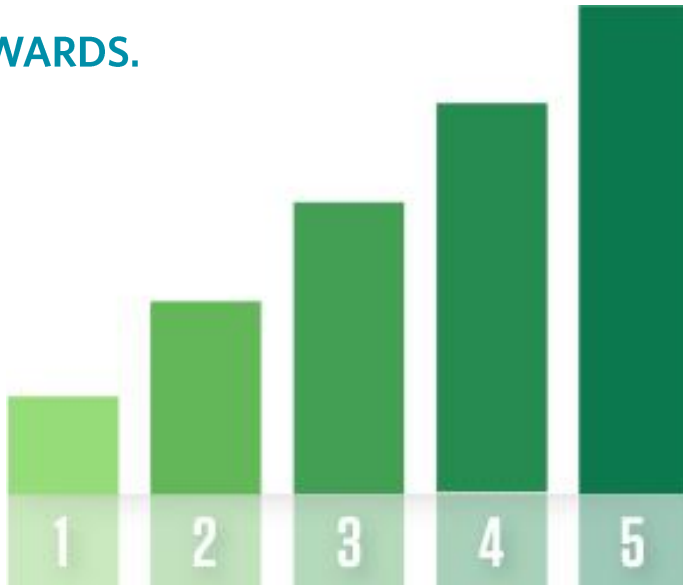


# HOW TO EARN HEALTHMILES (POINTS).

Make healthy decisions every day! The more you do, the more you earn. Check it out.

<b>ACTIVITY</b> up to 100 HealthMiles (points) per day	Upload steps from your GoZone activity tracker	PER DAY	Up to 6,999 steps in a day or less than 15 Active minutes	20 HealthMiles (points)
			7,000 - 11,999 steps or 15 – 29 Active Minutes	60 HealthMiles (points)
			12,000 - 19,999 steps or 30 - 44 Active Minutes	80 HealthMiles (points)
			20,000 or more steps or 45+ Active Minutes	100 HealthMiles (points)
	Add entries to your Activity Journal	PER ENTRY	1 entry (max 2 per day)	10 HealthMiles (points)
<b>SELF ENTERED-MEASUREMENTS</b>	Enter your measurements	PER MONTH	Take your measurements (weight, blood pressure)	200 HealthMiles (points)
			Ideal or improved Body Mass Index	50 HealthMiles (points)
			Ideal or improved blood pressure	50 HealthMiles (points)
<b>MORE WAYS</b>	Log in to your account	PER DAY	1 visit (max 2 per week)	10 HealthMiles (points)
			PER YEAR	Declare yourself smoke-free
		Create a challenge		500 HealthMiles (points)
		Take the Health Snapshot questionnaire		1,000 HealthMiles (points)
		Northeastern Member Challenges and other Wellness activities		Bonus HealthMiles (points)
		Monthly Activity Promotions		Up to 250 HealthMiles (points)
		Monthly Know & Go Challenges (2x per month)	Up to 250 HealthMiles (points)	

## YOUR REWARDS.



Feeling great feels even greater when it comes with rewards, like up to \$100 per quarter or \$400 a year from Northeastern University.

You have from the start date of each quarter, to earn as many HealthMiles (points) as you can!

HRNAVIGATOR

INVEST IN A HEALTHY YOU

Questions? Contact Us

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