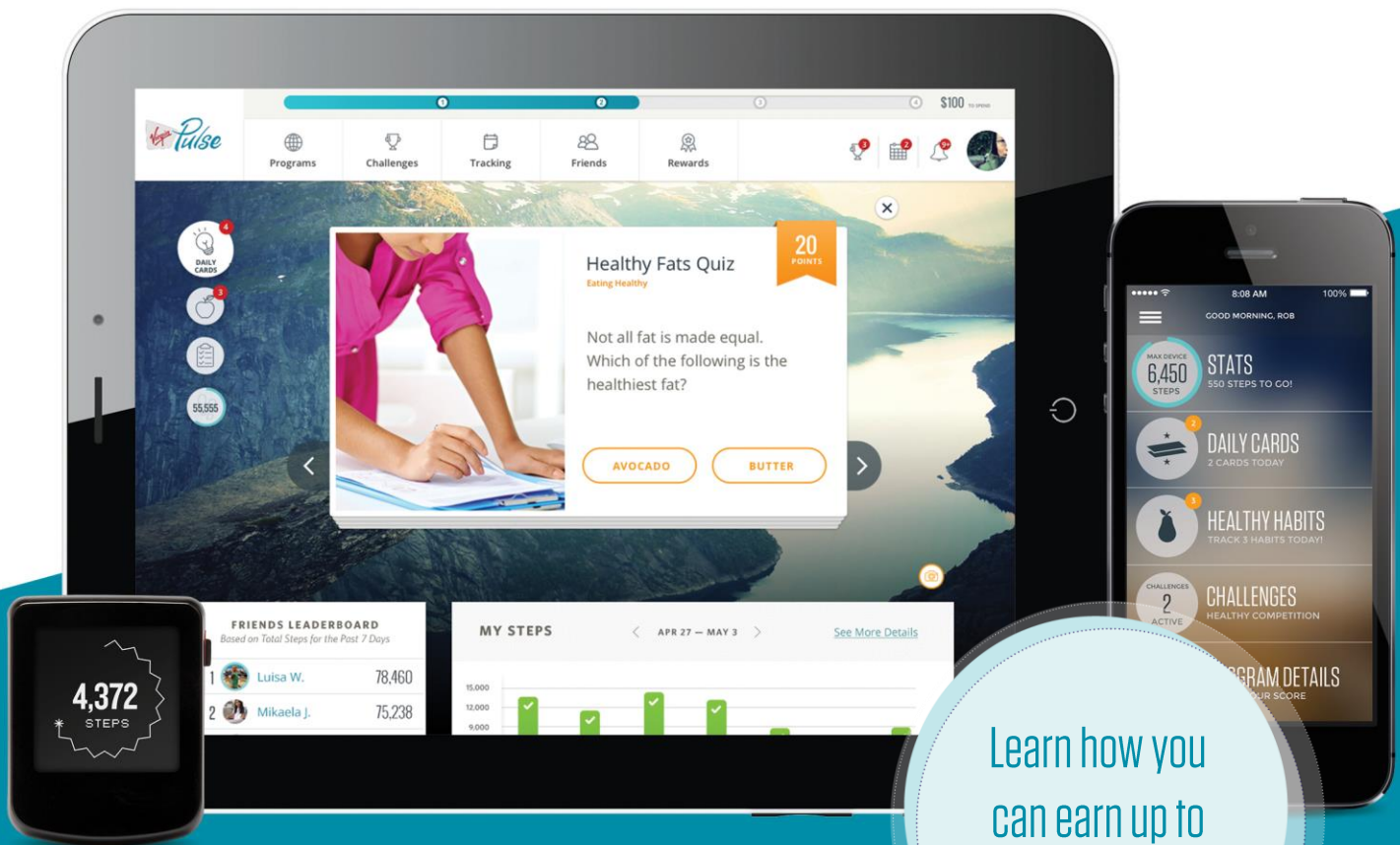


IT'S YOUR TIME TO THRIVE.

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



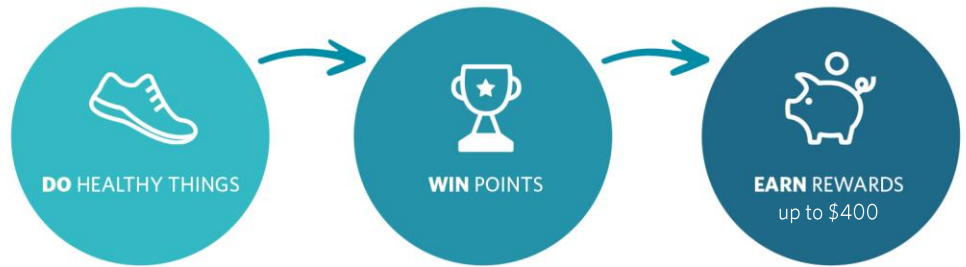
Learn how you can earn up to **\$400 annually!**

What You'll Do

- ➔ Register for your Virgin Pulse account.
- ➔ Download the Virgin Pulse mobile app 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!
- ➔ Check in by taking health measurements like weight and blood pressure.
- ➔ Take part in challenges with friends, discover healthy tips, and more.
- ➔ Get rewards for the healthy things you do!

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!



	Level 1	Level 2	Level 3	Level 4
POINTS EARNED	4,000	8,000	12,000	16,000
REWARDS	\$10	\$20	\$30	\$40

How to Earn Points

Activity

Sync or upload validated step activity from any compatible personal tracking device(s) (Max, Fitbit, Apple Watch, Misfit Shine, VP Mobile)

*Daily activity points are **not** cumulative. Earn points from **either** steps **OR** active minutes. Points awarded based on which activity is higher.

Frequency	Requirement	Points
DAILY	Per 1,000 steps	10 Points
	7,000 steps (OR 15 or more active minutes)	70 Points
	10,000 steps (OR 30 or more active minutes)	100 Points
	14,000 steps (OR 45 or more active minutes)	140 Points
	Maximum daily activity reward	140 Points
MONTHLY	Take 7,000 steps 20 days in a month	700 Points
	Take 10,000 steps 20 days in a month	1,000 Points

Measurements

Self-enter weight by choosing the "Track Your Weight" Healthy Habit tracker.

MONTHLY	Self-enter your weight	500 Points
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Tracking

Track various activities to build healthy habits

DAILY	Track Your Healthy Habits (max 30 points/day)	10 Points
MONTHLY	Track Healthy Habits 10 days a month	200 Points
	Track Healthy Habits 20 days a month	300 Points

Cards

Complete cards based on your interests

DAILY	Do Your Daily Card (max 40 points/day)	20 Points
MONTHLY	Complete 10 Daily Cards in a month	100 Points
	Complete 20 Daily Cards in a month	200 Points

Challenges

MONTHLY	Create a personal challenge	50 Points
	Join a personal challenge	100 Points
	Achieve promoted Healthy Habit for 5 of 7 days	200 Points
PER YEAR	Join the Company Challenge (max 400 points/year)	200 Points

More!

ONE-TIME	Complete registration	150 Points
	Connect activity device	150 Points
	Add a profile picture	150 Points
	First 5 friends	250 Points
	Add Friends outside your company	100 Points
PER QUARTER	First login to mobile app	250 Points
	Set your interests	200 Points
PER YEAR	Set a Wellbeing Goal	200 Points
	Complete Nicotine-Free Agreement	100 Points
	Complete Health Assessment	1,000 Points



Sign up now at join.virginpulse.com/northeastern

Already a member? Login at member.virginpulse.com

Questions? Contact Member Services at 888-671-9395

