

NEW: *HEALTHY YOU VIRGIN PULSE PROGRAM ADDS JOURNEYS*

The *Healthy You* team is pleased to announce [Journeys](#)[®].

Journeys, available to all *Healthy You* Virgin Pulse members, includes confidential, digital coaching to help establish and sustain targeted healthy behaviors.

Journeys offers online programs related to eight common health concerns:

1. Stress Reduction
2. Smart Exercise
3. Smoking Cessation
4. Alcohol Use
5. Healthy Eating
6. Managing Diabetes
7. Back, Muscular, and Joint Health
8. Financial Wellbeing

Like all *Healthy You* Virgin Pulse programs, you earn health cash— up to \$100/quarter, \$400/year— by participating in Journeys.

Not yet a member of the *Healthy You* Virgin Pulse program? [Click here](#) to learn more and enroll. Start earning your rewards today. You will need your NU ID, which is available on the top right corner when you log into myNortheastern.

Northeastern University
Human Resources Management