

## TRACK STEPS AND EARN *HEALTHY YOU* VIRGIN PULSE CASH, UP TO \$100/QUARTER

### USE YOUR CELL PHONE – IT'S FREE

Virgin Pulse members can use cell phones to track steps. Just download the Virgin Pulse App from the App Store. The app is free for all *Healthy You* Virgin Pulse members.

Once you have the Virgin Pulse App, click on the menu bar in the top left corner, then select:

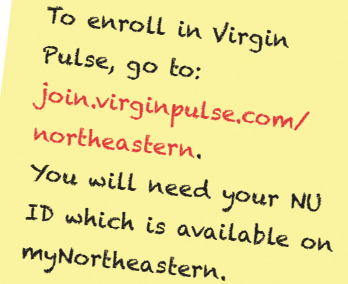
- **App Settings**
  - **Enable Steps Tracking** (Samsung)
  - **Connect iPhone Steps** (iPhone)

As you carry your phone your steps will automatically be uploaded to your Virgin Pulse account. You can also use the app to complete Daily Cards, track Healthy Habits, upload steps from compatible devices like the MAX, and purchase items from the Virgin Pulse store.

### CHOOSE A DEVICE TO CONNECT TO VIRGIN PULSE

To find a list of tracking devices and apps compatible with the Virgin Pulse platform, log into your Virgin Pulse account from a desk top.

- Hover on the circle on the top right of the screen and select **Devices and Apps** to view your options.
- Under **Find by Activity** you can select the best device or app for you based on what activities you want to track.
- Confirm which device or app you have set up and selected under the **My Devices & Apps** tab.
- The **Devices and Apps** highlighted are available for purchase online and in stores.



To enroll in Virgin Pulse, go to:  
[join.virginpulse.com/northeastern](http://join.virginpulse.com/northeastern).  
You will need your NU ID which is available on myNortheastern.

## VIRGIN PULSE STORE

You can buy a device directly from the Virgin Pulse store. After you log into your Virgin Pulse account:

- Hover on the circle on the top right of the screen and select **Store** to view your options.
- The devices range in cost from approximately \$25 - \$180.
- You may use your Health Cash to purchase a tracking device or any other item in the store.
- All items will be shipped to the address you provided to Virgin Pulse.

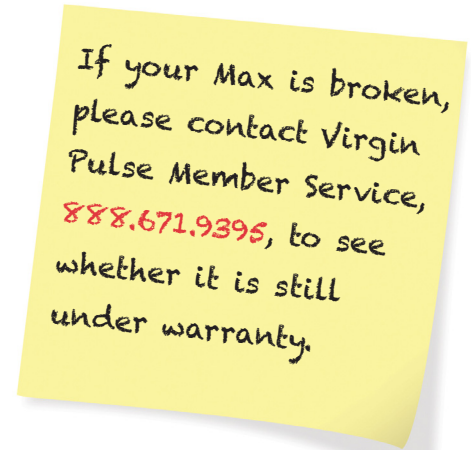
## MAX BATTERY

The MAX requires one battery, size CL2032. This commonly used battery is available at most drugstores or in the Virgin Pulse store.

## FOR MORE SUPPORT

Call Virgin Pulse Member Service: **888.671.9395**.

- Forgot your username and/or password?
- Need help re-establishing your Healthy You Virgin Pulse account?
- Have a device issue or need help connecting your device?



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