

# LIVE BETTER EVERY DAY.

The Virgin Pulse wellness program gives you the tools to get active and get healthy

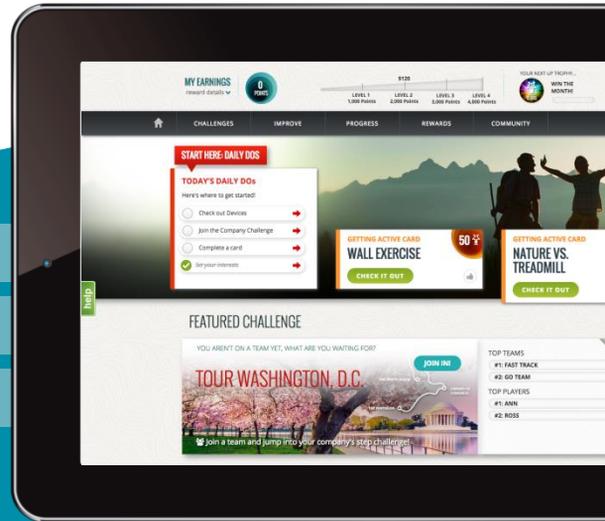
Making healthy decisions has never felt better. Join the Virgin Pulse and Navy Medicine wellness movement today to get moving!

Getting healthier feels even better

ACTIVITY TRACKING

VIRTUAL TROPHIES

CHALLENGES



## How It Works

It's an easy to use program that helps you make healthy decisions like being more active, drinking more water, getting enough sleep, and a lot more. Healthy behaviors like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great!

The program keeps you motivated with challenges, virtual trophies, and health tips!

## What You'll Do

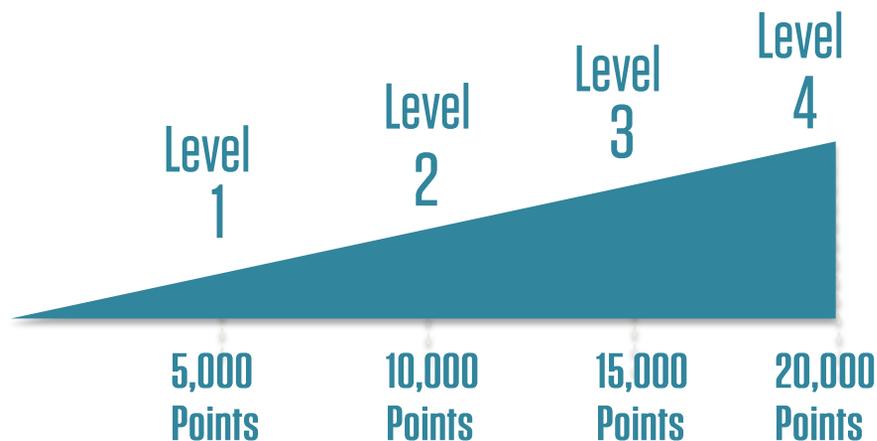
- Start by making a commitment to healthier living.
- Register for your Virgin Pulse account.
- Track your healthy activities from moving more to drinking more water.
- Check in by taking health measurements like weight and blood pressure.
- Take part in challenges and discover healthy tips, and more!



For assistance, contact Member Services at **888-671-9395** or email [support@virginpulse.com](mailto:support@virginpulse.com)  
(Monday through Friday 8 AM – 9 PM EST, excluding US Holidays)

## Check it out

It's easy to earn lots of points towards virtual trophies just for making healthy decisions.



## How to Earn Points

Activity	Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, Endomondo)	Per Day	Per 1,000 steps	10 Points
			15 or more active minutes	70 Points
			30 or more active minutes	120 Points
			45 or more active minutes	140 Points
Measurements	Self-enter measurements	Per Month	Enter your weight	250 Points
Self Tracking	Track Healthy Habits and Activity Journal Entry	Per Day	1 entry (max for all self tracking = 3/day)	10 Points
Cards	Complete	Per Day	Complete a card (2/day)	20 Points
More!		One-time	Registration	100 Points
		One-time	Set interests	100 Points
		One-time	Complete profile	100 Points
		Per Quarter	Join corporate competition	100 Points
		One-time	Connect activity device	100 Points

## Earn Trophies!

Cards	Complete 10 cards in a month	250 Points
	Complete 20 cards in a month	500 Points
Steps	Track steps 10 days in a month	250 Points
	Track steps 20 days in a month	500 Points
	Get 7,000+ steps 20 days in a month	1,000 Points
	Get 10,000+ steps 20 days in a month	1,500 Points
Self-Tracking	Self tracking 10 days in a month	250 Points
	Self tracking 20 days in a month	600 Points
	First 5 Days Tracking	250 Points

Sign up now at [join.virginpulse.com/navymedicine](http://join.virginpulse.com/navymedicine)

