

You've joined Virgin Pulse, now what?

Step 1

On the home page of the website or mobile app, click **Home**, then **Rewards**. You'll find a full list of ways you can earn points.

Step 2

Click on any of the activities to start participating and earning points today!

Tips to get you started

- Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps (Max Buzz™, Apple Watch, FitBit, etc.)
- Set your interests to get personalized content.
- Go to **Social** on the top navigation bar to **Add Friends** or join **Groups** with people of similar interests. Adding friends not only makes the platform more fun, but it's important to invite friends to the personal challenges you create in order to earn points.
- Navigate to the **Benefits** tab to view all programs available to you and to find all your Preventive Care forms.
- Add a healthy dose of competition to your wellness! Stay tuned for company-wide step challenges and Healthy Habit challenges, where you can go head to head with friends across your organization and cheer each other on. You'll earn points for participating and sticking it out until the end. Be on the lookout for emails with all the important challenge information.
- Reaching a personal goal starts with a single step. Journeys® are daily self-guided courses to help you build healthy habits. Check out the different Journeys courses under the **Health** tab and start one today. Please note that you can only earn points for one Journey step per day and for completing one Journey per month. You can do more than one a month, but you will only receive points for completing one.
- If you have questions regarding the platform or your account, please reach out to our Support team at support@virginpulse.com or click on the **Chat** or **Support** tabs on your home page. Check out support.virginpulse.com for articles and answers to frequently asked questions.

