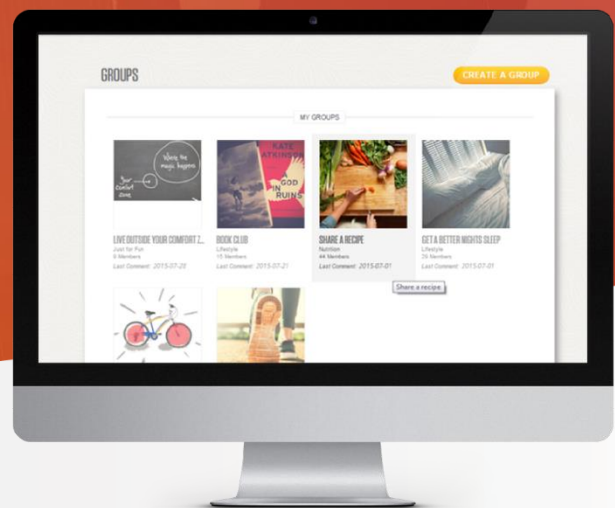


Spread the health with friends

Imagine a workplace full of like-minded, health-driven social groups, where you motivate and support each other, where accomplishments are recognized and celebrated. Now that's a healthy workplace.



The Virgin Pulse Community is a member-only social space where you can build support networks, share accomplishments, and challenge and drive each other toward better well-being. Unlike public social networks, the Virgin Pulse Community is well-being focused, safe, and secure within your organization and friend network.

Here's what you can do:

- Add your work friends as well as friends outside your organization (this includes family, too) and build up your support network!
- Invite friends to personal challenges and let the smack talk begin!
- Create groups around common interests or events like biking, recipe sharing, or a lunchtime walking club.

Sign up at join.virginpulse.com/HSLlivewell or login now to start connecting with friends!