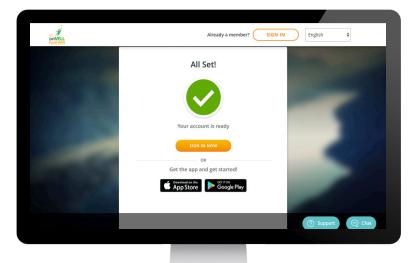


Step One

Sign up for your wellbeing program at **join.virginpulse.com/HSLlivewell**.

Use HEB as the first three letters of our organization.



Step Two

You're important to us—and so is your data. After all, health and wellness information is personal and should be kept private. To proceed to Step Three, please read and agree to Virgin Pulse's Data Consent, Privacy Policy and Membership Agreement.

Step Three

Enter your information into the fields, and click **LET'S GET STARTED!**

Step Four

Connect an activity tracker to document your daily progress.

Step Five

Upload a profile picture and add some friends.

Step Six

Start participating, have fun, get healthy and win!

