



# Build a better you

## VIRGIN PULSE WELLBEING PROGRAM

The Virgin Pulse wellbeing program helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

### Who can participate?

All union employees are invited to join.

### How to join

- Go to [join.virginpulse.com/GAFSGI](https://join.virginpulse.com/GAFSGI)
- Accept the terms and conditions
- Download the Virgin Pulse mobile app from the App Store or Google Play



### Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

## Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

### Personalize your experience

Go to the **More** tab and discover the many ways you can customize your wellbeing program. Connect your activity tracker or another wellbeing app and set your topics of interest to make your experience focus in on what matters to you most.

### Complete the Health Check

The Health Check asks questions about your current health status and wellbeing habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your wellbeing. You'll find the survey under the **Health** tab.

### Track your Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits** to change up the habits you try over time.



## Annual points opportunities

	Points
<b>LEVEL 1</b>	15,000
<b>LEVEL 2</b>	30,000
<b>LEVEL 3</b>	45,000
<b>LEVEL 4</b>	60,000

	Ways to earn	Points
<b>Daily</b>	Take 7,000 steps in a day	70
	Do your Daily Cards	20/card
	Track your Healthy Habits	10/habit
<b>Monthly</b>	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps (20 days during the month)	400
<b>Quarterly</b>	Join the company challenge	100
	Choose your eating type	250
	Choose your sleep profile	250
<b>Yearly</b>	Set a wellbeing goal	200
	Tobacco-Free Agreement	100
	Complete the Health Check	7,500

For a full list of ways to earn, go to **Rewards > How to Earn**.

## Experience the rewards of being the best version of you.

### Trophies

When you make small changes every day to your wellbeing, you'll feel healthier, happier and more energetic. Who doesn't love celebrating with a trophy? As you earn points for the healthy activities you do, you'll be awarded with virtual trophies. Collect them as you go!

## Additional activities

**Prioritize and personalize your experience by engaging in resources to help improve your wellbeing:**

**Daily Cards:** Get helpful tips that are relevant to your current interests and goals.

**Journeys®:** Try this digital coaching program to make simple changes to improve your health, one step at a time.

**My Care Checklist:** My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of health checkups, all in one place.

**Challenges:** Team up with others to create new habits with some healthy competition.

**Nutrition Guide:** Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

**Sleep Guide:** What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

**RethinkCare:** Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

### Have questions? We're here to help.

- Check out [support.virginpulse.com](https://support.virginpulse.com)  
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395  
Monday–Friday, 8 am–9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

Not sure if you can fully participate in this program because of a disability or medical condition?

Visit [support.virginpulse.com](https://support.virginpulse.com) and search Medical Exceptions.

