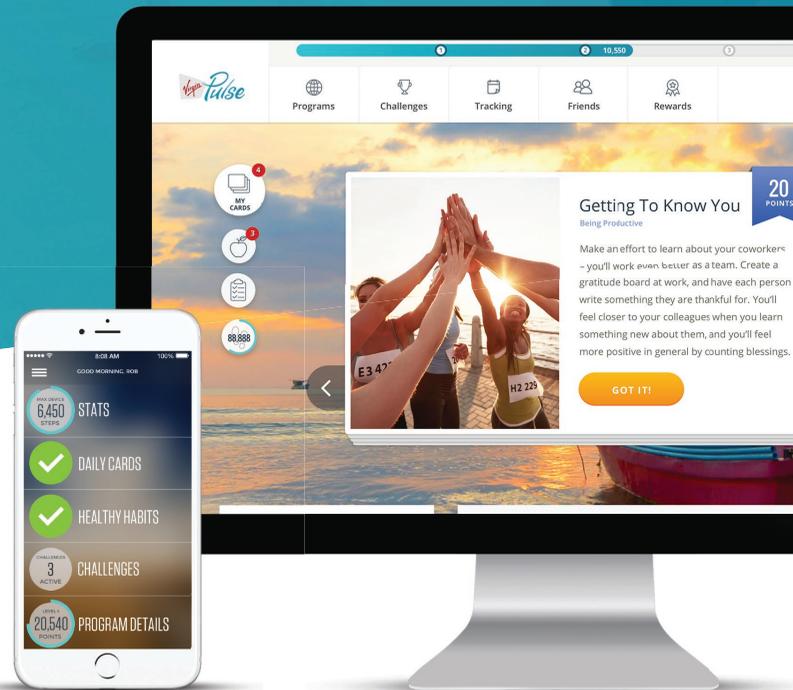


Build a better you

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and live better every day.



Here's how to get started:

- 1 Activate your Virgin Pulse account.
- 2 Download the Virgin Pulse mobile app for iOS or Android. The first time you log in, you'll earn bonus points!
- 3 Connect an activity tracker to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Misfit, etc.)
- 4 Upload a profile picture and add some friends.
- 5 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!

Sign up now join.virginpulse.com/plexus
Already a member? member.virginpulse.com



How to Earn

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how to progress through the levels each quarter!



Do
Healthy Things



Earn
Points



Celebrate
Achievements

Ways to earn points

			Points
Daily	Upload steps from your activity tracker (Max, Fitbit, Virgin Pulse Mobile App)	per 1,000 steps	10
	Do your daily cards		20
	Track your Healthy Habits		10
	Complete a Whil session		20
Monthly	Achieve the promoted Healthy Habit Challenge for 5 out of 7 days		200
	Join a personal challenge		100
	Get 10,000 steps 20 days in a month		500
Quarterly	Join the company challenge		100
	Complete a Journey		250
	Attend Francis Investment Advisor Meeting		500
Yearly	Complete the Health Assessment		1,000
	Complete the Tobacco Free Agreement		250
	Annual Primary Care Physician Exam		1,500
	Dental Exam	2x per year	1,000
	Vision Exam		1,000

For more ways to earn, visit **How to Earn** under the Rewards tab on the site — or **Program Details** on the mobile app.

Earning potential

	Rewards	Points
Level 1	\$10	4,000
Level 2	\$20	9,000
Level 3	\$30	14,000
Level 4	\$40	19,000

Have Questions?

Web support.virginpulse.com

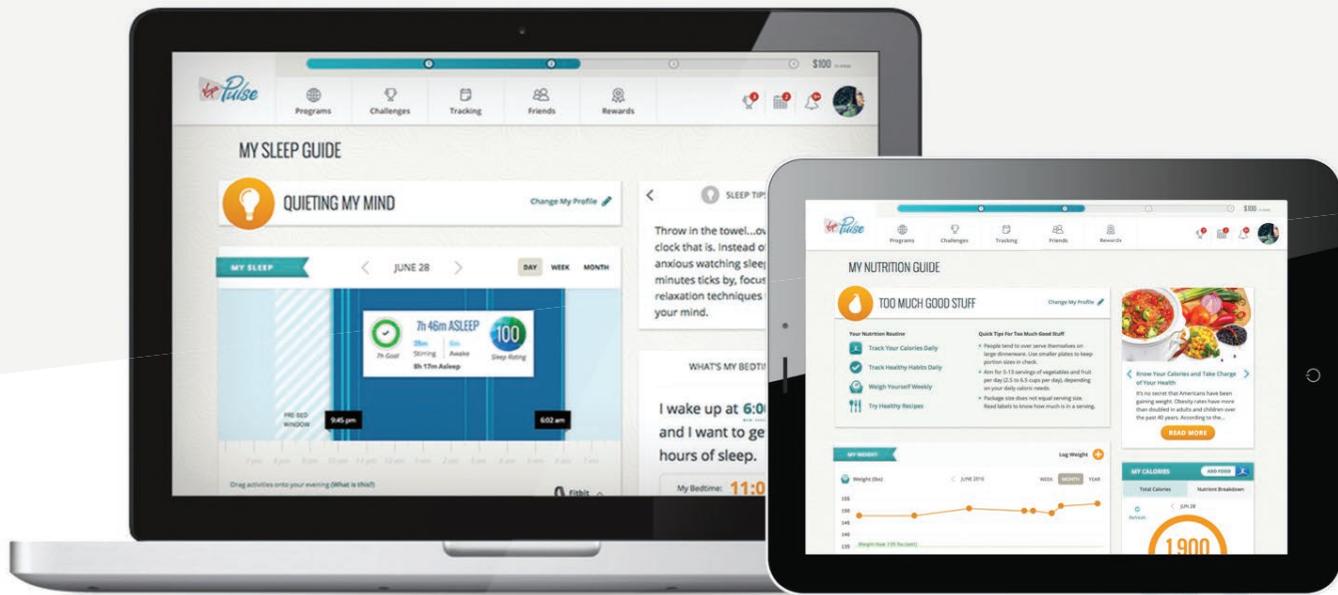
Live chat member.virginpulse.com | Monday-Friday 2:00am-9:00pm EST

Call us (888) 671-9395 | Monday-Friday 8:00am-9:00pm EST



Build healthy eating and sleep habits for life!

Use the Virgin Pulse **Nutrition Guide** to fine tune your eating style and chart your progress. Check out the Virgin Pulse **Sleep Guide** for helpful ways to improve your sleep, so you can feel your best each day.



Earn points for making healthy eating choices

		Points
Daily	Browse healthy recipes via Zipongo	10
	Calorie tracking via MyFitnessPal	10
Weekly	Favorite a recipe in Zipongo	10
	Add a recipe to a grocery list in Zipongo	10
Monthly	Track calories 10 days in a month	200
	Track calories 20 days in a month	300
Quarterly	Choose your eating type	250
One-Time	Connect to MyFitnessPal	100

Earn points for getting enough sleep

		Points
Daily	Track sleep manually	10
	Track validated sleep nightly	20
	Sleep >7 hours in a night	50
Monthly	Track sleep 10 days in a month	100
	Track sleep 20 days in a month	200
	Sleep >7 hours 20 days in a month	300
Quarterly	Choose your sleep profile	250

