



# Live Better Every Day

JOIN TODAY BY VISITING:

[HTTP://JOIN.VIRGINPULSE.COM/gbop](http://join.virginpulse.com/gbop)

## Why join?

The Virgin Pulse program will help you make better decisions in your well-being. **In fact, 85% of people who use Virgin Pulse regularly say that the program has changed their life.**

You will stay motivated all year long with promotions, health tips, team competitions with your co-workers around the country and more! All of your efforts will pay off too! You could potentially earn up to **\$40** per quarter for making healthy choices!

## How does it work?

- Make a commitment to clip on your Max activity tracker (or supported fitness tracking device) each morning. Get active throughout the day and watch the steps and rewards stack up.
- Plug your Max into your computer or use the Virgin Pulse App to upload your steps and earn HealthMiles (points).
- Visit the site often and look out for emails for plenty of ways to earn HealthMiles (points).
- Participate in challenges, promotions, and the social platform
- Check the other side of this page for details on how to progress through the levels and earn your rewards!

CLIP YOUR MAX AND GO!

## Max activity tracker



- Wirelessly Upload your steps through the Virgin Pulse App
- Get updates addressed to you personally.
- Be notified of goal accomplishments
- Track calories and miles
- Many wearable options
- And much more!



# HOW TO EARN HEALTHMILES (POINTS).

Make healthy decisions every day! The more you make, the more you earn. Check it out.

<b>ACTIVITY</b> up to 100 HealthMiles per day	Upload steps from your Max or supported activity tracker	<b>PER DAY</b>	Up to 6,999 steps in a day or less than 15 Active minutes	20 HealthMiles
			7,000 - 11,999 steps or 15 – 29 Active Minutes	60 HealthMiles
			12,000 - 19,999 steps or 30 - 44 Active Minutes	80 HealthMiles
			20,000 or more steps or 45+ Active Minutes	100 HealthMiles
	<b>LIFETIME</b>	1 <sup>st</sup> time reaching 7,000 steps	100 HealthMiles	
		1 <sup>st</sup> time reaching 12,000 steps	100 HealthMiles	
1 <sup>st</sup> time reaching 20,000 steps		100 HealthMiles		
Add entries to your Activity Journal	<b>PER ENTRY</b>	1 entry (max 2 per day)	10 HealthMiles	
<b>MEASUREMENTS</b>	Enter your measurements on your member site	<b>PER MONTH</b>	Self Enter your Weight, Blood Pressure, and BMI	25 HealthMiles
<b>OTHER</b>	Log in to your account	<b>PER DAY</b>	Login to your account (max 2 per week)	10 HealthMiles
		<b>PER QUARTER</b>	Create a personal challenge	100 HealthMiles
		<b>PER MONTH</b>	Complete Self tracking promoted Challenge	50 HealthMiles

## YOUR LEVELS PROGRAM



TOTAL HEALTHMILES EARNED	0-1,999	2,000-3,999	4,000-5,999	6,000-7,999	8,000+
REWARD	\$0	\$20	\$10	\$10	Badge

Feeling great feels even greater when it comes with rewards, like up to **\$40** per quarter from your conference

Questions? Contact us: **800-830-4312** or [umcsupport@virginpulse.com](mailto:umcsupport@virginpulse.com)

