

live Better Every Day

JOIN TODAY BY VISITING: 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



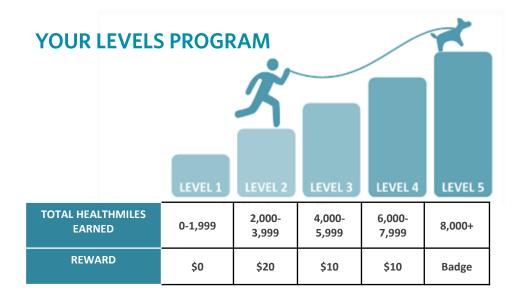
- Wirelessly Upload your steps through the Virgin Pulse App
- Get updates addressed to you personally.
- Be notified of goal accomplishments
- Track calories and miles
- Many wearable options
- And much more!



HOW TO EARN HEALTHMILES (POINTS).

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

| ACTIVITY up to 100 HealthMiles per day | Upload steps from your Max or supported activity tracker | PER DAY | 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 |
| | | LIFETIME | 1 st time reaching 7,000 steps | 100 HealthMiles |
| | | | 1 st time reaching 12,000 steps | 100 HealthMiles |
| | | | 1 st time reaching 20,000 steps | 100 HealthMiles |
| | Add entries to your Activity Journal | PER ENTRY | 1 entry (max 2 per day) | 10 HealthMiles |
| MEASUREMENTS | Enter your measurements on your member site | PER MONTH | Self Enter your Weight, Blood Pressure, and BMI | 25 HealthMiles |
| OTHER | Log in to your account | PER DAY | Login to your account (max 2 per week) | 10 HealthMiles |
| | | PER QUARTER | Create a personal challenge | 100 HealthMiles |
| | | PER MONTH | Complete Self tracking promoted Challenge | 50 HealthMiles |



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

or Virgin Pull

Questions? Contact us: 800-830-4312 or umcsupport@virginpulse.com