



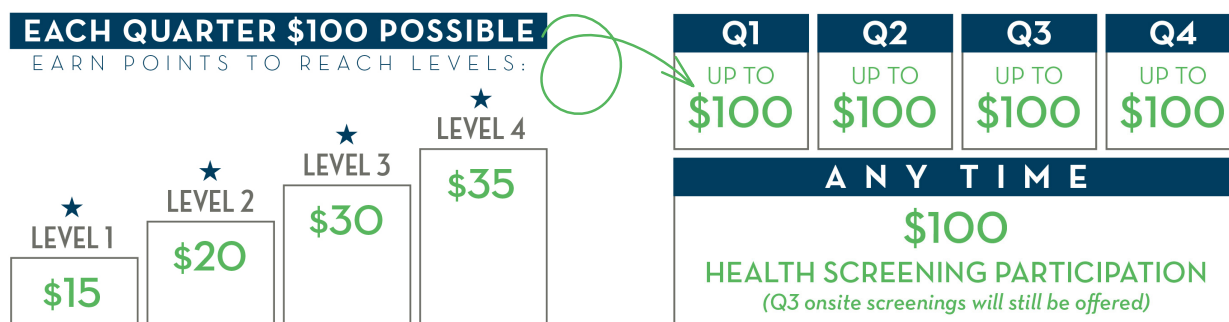
join.virginpulse.com/boisehealthylife

GET STARTED

1. **ACTIVATE YOUR VIRGIN PULSE ACCOUNT**
at join.virginpulse.com/boisehealthylife. Once registered log in at member.virginpulse.com
2. **DOWNLOAD THE VIRGIN PULSE MOBILE APP**
for iOS or Android. The first time you log in, you'll earn bonus points.
3. **DISCOVER HOW TO EARN POINTS**
and what your rewards are for doing so.
4. **CONNECT AN ACTIVITY TRACKER**
to get credit for your steps, active minutes, and sleep.
5. **SET YOUR INTERESTS**
to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more.

EARN REWARDS WITH POINTS

REWARDS WILL BE PAID DIRECTLY THROUGH PAYROLL.



THE MORE HEALTHY DECISIONS YOU MAKE, THE MORE POINTS YOU EARN.

- DAILY** ➔ Track healthy habits, steps, calories and sleep.
- MONTHLY** ➔ Create personal challenges, achieve milestones towards healthy habits, steps, calories and sleep goals
- QUARTERLY** ➔ Organizational challenges, profile engagement and surveys
- ANNUAL AND ONE-TIME** ➔ Preventative visits with healthcare providers, participate in a health care screening and connecting with other devices or applications.

QUESTIONS?

VIRGIN PULSE SUPPORT

support@virginpulse.com
(888) 671-9395 (M-F 8-9 EST)
support.virginpulse.com // Live chat available M-F 2A-9P EST

WELLBEING PROGRAM SPECIALIST

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