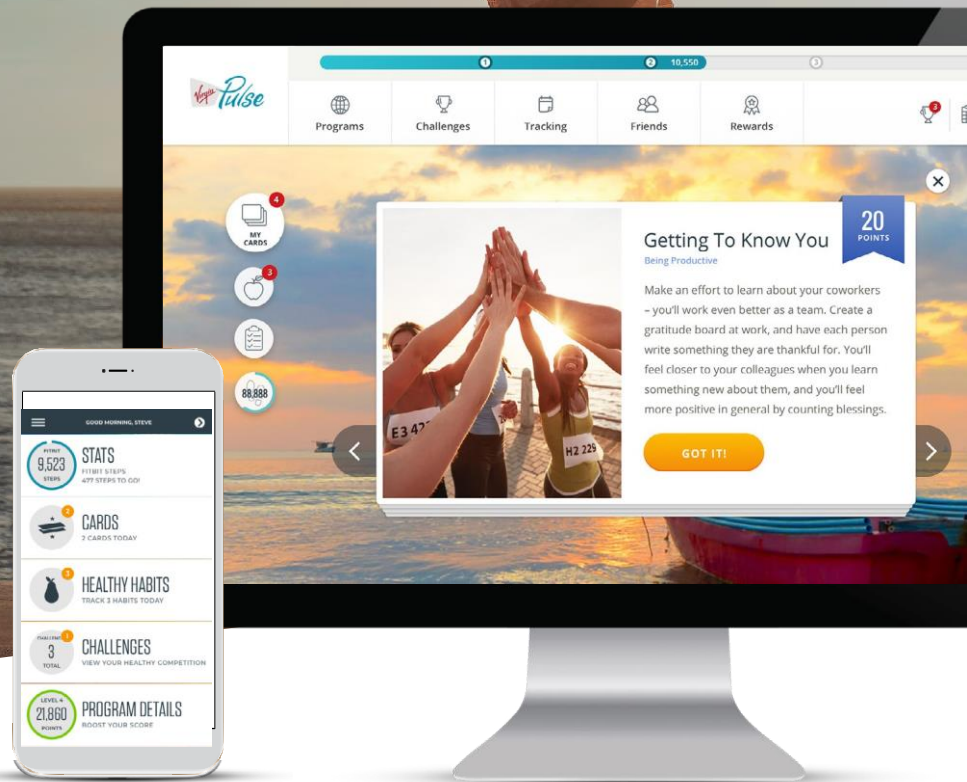


# Virgin Pulse user guide



**Unleash the winner within.** Getting healthier is easier when it's with friends. Team up with your coworkers to participate in fun challenges that'll help you build healthy habits and experience the rewards of better health. Are you ready? Brace yourself for some serious cheering, competition, and fun along the way!

**Sign up now**  
**Already a member?**

[join.virginpulse.com/LLS](https://join.virginpulse.com/LLS)  
[member.virginpulse.com](https://member.virginpulse.com)



# How to get started:

## Step 1

Sign up for your Virgin Pulse account by going to [join.virginpulse.com/LLS](https://join.virginpulse.com/LLS) (Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com))

## Step 2

Accept our terms and conditions, and choose your email preferences to get the latest tips and information.

## Step 3

Connect a fitness tracker to get credit for your steps, active minutes, and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

## Step 4

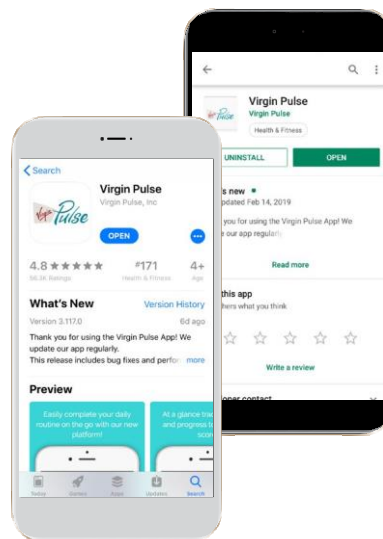
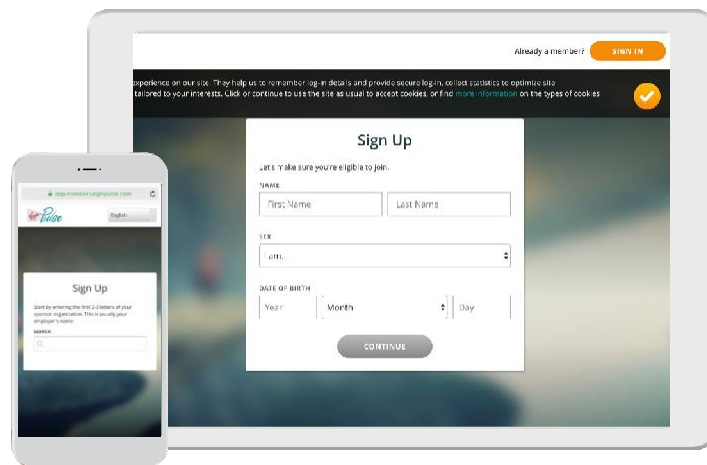
Upload a **profile picture** and add some **friends**.

## Step 5

Set your **interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!

## Step 6

Download the **Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime.





## Connect a fitness tracker

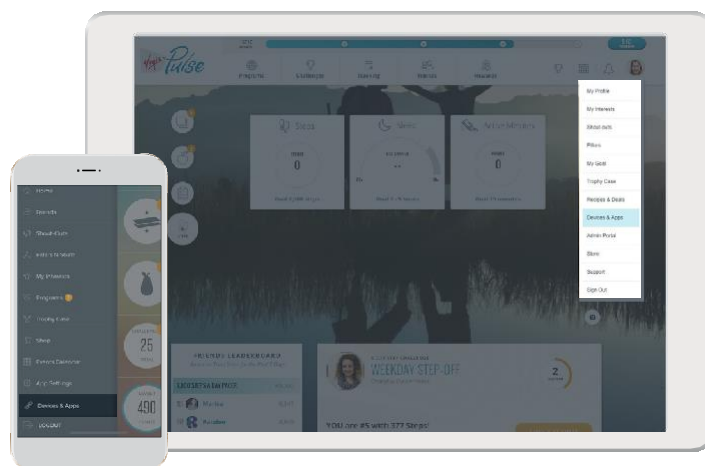
Keep track of how well you're doing by using a fitness tracker or your mobile phone. Then challenge yourself to take it up a notch!

### Don't have a device?

You can order a fitness tracker in the **Virgin Pulse store** or connect to one of our free, compatible devices and apps to track your daily steps. Check out your options by going to the Devices & Apps section.

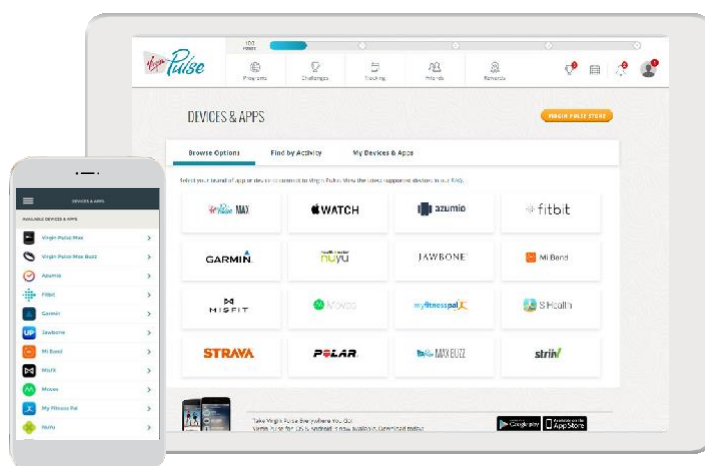
### Step 1

Go to **Device & Apps** in the menu.



### Step 2

Choose the device you'd like to connect.



### Step 3

Follow a few simple steps. You'll see instructions right on your screen.



## See a clear picture of your health

The best place to start is by taking the Health Risk Assessment. The Health Check survey is a short, confidential survey, that assesses your health across seven factors, from mental health to fitness. Take the survey, get a health score and a personalized report which outlines what actions to take!

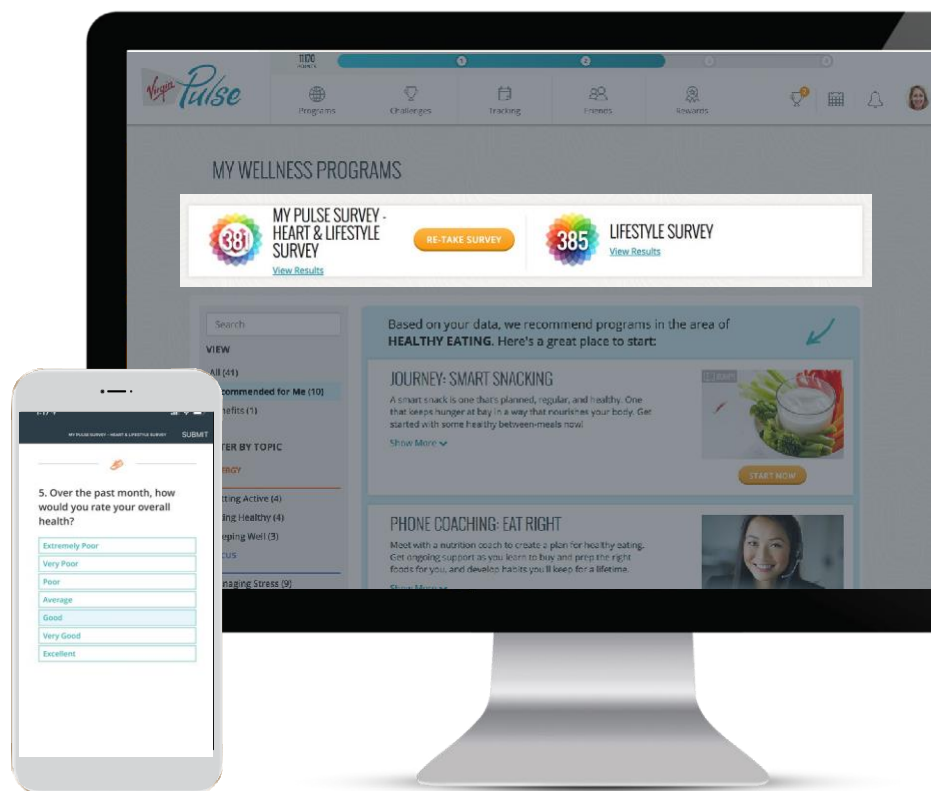
\*The Health Check survey is part of the program requirements to qualify for the benefit premium incentive.

### Step 1

Go to **Programs** in the menu.

### Step 2

Take the Health Check Survey and get a clear snapshot of your health.







## Start stepping

Start getting active and tracking your steps, calories consumed, workouts, and sleep data. Look for small improvements over time and celebrate your accomplishments.



## Add coworkers, friends, and family

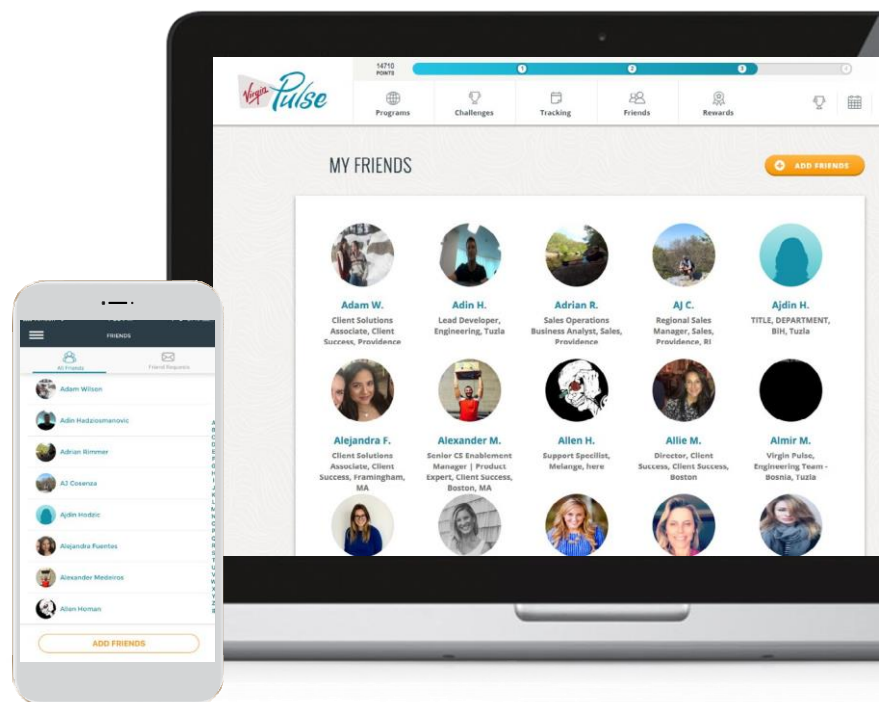
Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

### Step 1

Go to **Friends** in the menu.

### Step 2

Choose **Add Friend** (for your coworkers) or **Add Friend From Outside the Company** (for friends and family members who don't use your company's benefits).



### Add an eligible spouse or domestic partner

Your eligible spouse or domestic partner can join the program with an account similar to yours! First, they'll get an email to sign up. Once an account has been created, you can connect with your spouse or domestic partner by choosing **Add Friend**.



## Get quick, simple tips

Learn easy-to-do, daily tips to help you get more active, eat well, manage life's ups and downs — and much more.

### Pillars and Topics

We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need — fast.

### Whil Mindfulness

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

### Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others, and achieve goals together.

### Journeys® Digital Coaching

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool, Journeys®, to make simple changes to your health, one small step at a time.

### Phone Coaching

Talk to a professional clinician and coach over the phone to get one-on-one support, expert guidance, and help navigating your healthcare questions.

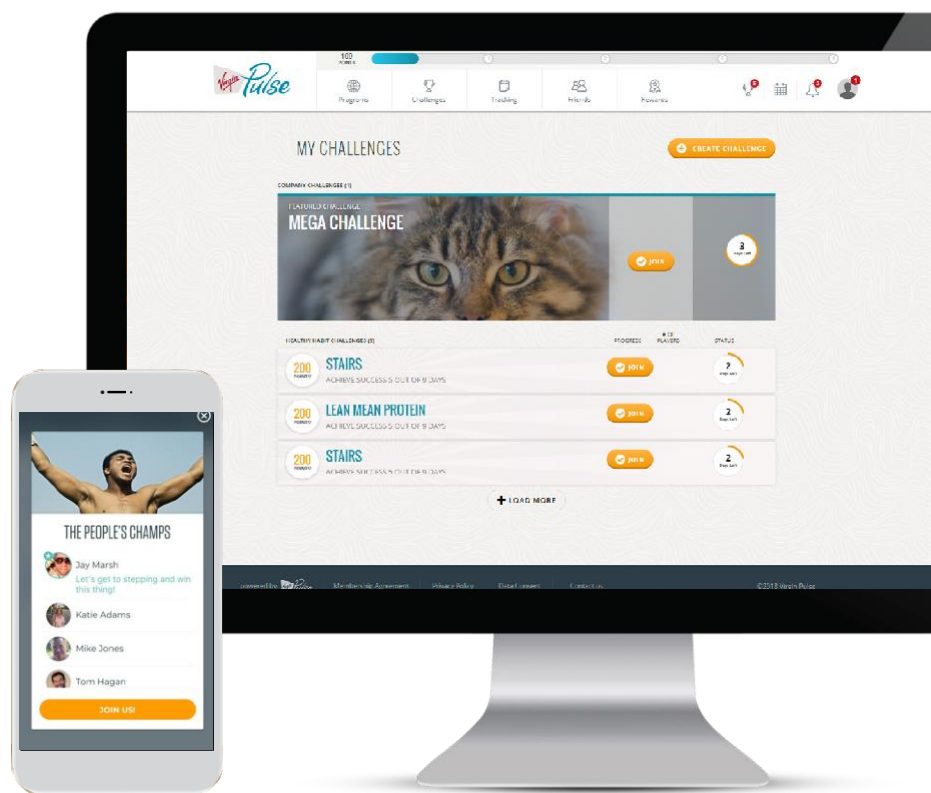


## Engage in some healthy competition

Rally your coworkers for the latest company step challenge!

### Company challenges

Stay tuned for company-wide challenges where you can go head-to-head with friends and rivals across your organization. Post comments to cheer each other on.







## Biometric Screening

To initiate your biometric screening, navigate to the **Programs Page**, and select **Start Now** from the Quest tile. You will be redirected to the Quest portal to view screening options available to you.

### QUEST BIOMETRIC SCREENING PHYSICIAN FORM

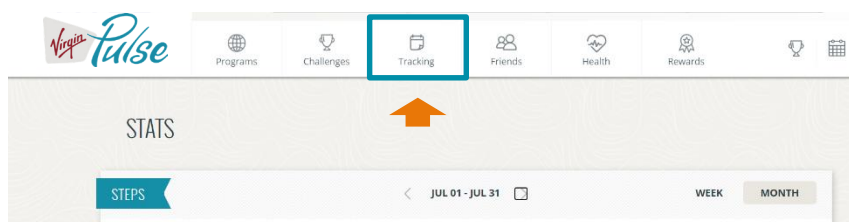


START NOW

Get a quick health check! Download a Physician Form from Quest to take with you to annual physical. Have your physician complete all required fields with your biometric screening results.

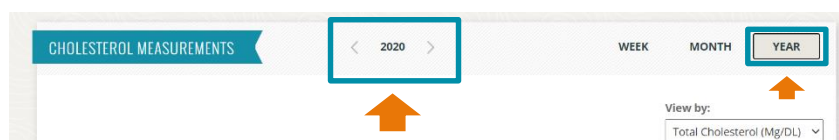
## Reviewing your biometric screening results

Once you have completed a biometric screening, and allowed for results to process, you may log in to Virgin Pulse and view them on the **Tracking-Stats** page. Scroll down to find the results you are looking for.



## How do I compare my results from a previous year?

Simply change the **Year** to review the previous results.



# Experience the rewards of being the best version of you

When you make small changes every day to your wellbeing, you'll feel healthier, happier, and more energetic.

## Rewards

Enjoy a personalized wellbeing experience on the platform. Employees and Spouses enrolled in LSS medical plan coverage, are eligible to receive full or partial premium discounts by completing program requirements.



**Do**  
Healthy Things



**Earn**  
Points



**Celebrate**  
Success

## Premium Discount Requirements

Premium Discount	Requirements	Points
Partial (50 points)	<b>Earn a partial premium discount by completing:</b>	
	1) Health Check Survey <b>AND</b>	10
	2) Biometric Screening	40
Full (100 points)	<b>Earn the full premium discount by completing:</b>	
	1) Healthy outcomes* in all 5 metrics, <b>OR</b>	50
	2) Improvement from the year prior, <b>OR</b>	
<b>Alternative process for healthy biometric outcomes</b>		
Physician Engagement	If you don't meet all 5 metrics, or improve from the prior year, or have a health condition that could impair your ability to achieve the program's healthy outcome standards, you can complete the following to qualify for the remaining 50 points:	50
	1) Consult with your physician and have them complete the Physician Engagement Form	
	2) Submit the completed form back to Virgin Pulse for review	
<b>Total</b>		<b>100</b>

### \*Healthy Outcome Standards

Blood Pressure	<b>Systolic:</b> <141mmHg <b>Diastolic:</b> <91mmHg
Blood Glucose	<b>Fasting:</b> <100mg/dL <b>Non-Fasting:</b> <140mg/dL
LDL Cholesterol	<130mg/dL
Triglycerides	<150mg/dL
Nicotine Free Cotinine Testing	Negative/Nicotine Free