

Build a better you

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

Welcome!

Lutheran Senior Services' wellness partner SimplyWell is now called Virgin Pulse and they offer an engaging, free and confidential wellness portal, to help motivate and improve your physical, emotional, and mental wellbeing. This is your chance to reach personal goals and create long term healthy habits. Start your personalized wellbeing experience today!

Here's how to get started:

- 1 Activate your confidential and personal Virgin Pulse account** at join.virginpulse.com/LSS (Already registered? Log in at member.virginpulse.com)
- 2 Complete the Health Check Survey** and get a Health Score.
- 3 Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress and more.
- 4 Connect an activity device** to keep track of your steps, active minutes, and sleep. We sync with many devices and apps (Fitbit, Max buzz, Garmin, Apple Watch, etc.)
- 5 Start a little healthy competition** and create or join a challenge with friends.

Not a member yet?

Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/LSS





Do
Healthy Things



Be
Rewarded



Celebrate
Success

Earn Rewards

All employees can 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.

Premium Discount Requirements

Premium Discount	Requirements	Points
Partial (50 points)	Earn a partial premium discount by completing:	
	1) Health Check Survey AND 2) Biometric Screening	10 40
Full (100 points)	Earn the full premium discount by completing:	
	1) Healthy outcomes* in all 5 metrics, OR 2) Improvement from the year prior, OR	50
<i>Alternative process for healthy biometric outcomes</i>		
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 biometric 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	
Total		100

*Healthy Outcome Standards

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

For more information on the above reward options, visit My Rewards under the Rewards tab on the site — or **Program Details** on the mobile app.

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