



MARQUETTE
UNIVERSITY

Wellness



Grab your
Max Buzz™
and go!

THE MAX BUZZ™ USER GUIDE

Max Buzz™ is a sleek and water-resistant daily activity tracker that tracks your steps, sleep, calories burned, distance, and active minutes.

Max Buzz also gives you notifications and applause. And it's a fantastic way to earn rewards in the Virgin Pulse program!

What are the main screens on Max Buzz?

Home - Your home screen shows the time and your rechargeable battery life. Recharge Max Buzz using the built-in USB charger.



Steps - This screen shows how many steps you've taken for the day.



Calories - This screen converts your steps into calories burned.



Distance - This screen converts your steps into distance traveled.



Active Minutes - This screen shows if you have active minutes (more than 135 steps per minute). Roughly a runner's pace.



How to connect your new Max Buzz to your account:

- 1) Register for the program at join.virginpulse.com/MarquetteUniversity.
- 2) Download the Virgin Pulse mobile app from the Google Play store for Android users, or the Apple Store for iOS users.
- 3) Confirm that you have Bluetooth on your mobile device turned on, and your Max Buzz device is close to your mobile device.

4) Open up the Virgin Pulse mobile app and sign in.

5) You'll see a line display at the top of the screen begin to fill up. That is your Max Buzz device automatically uploading!

6) You also can "force pull" a sync by navigating to the home screen in your Virgin Pulse mobile app, and pulling down on the screen.

Sign up now at join.virginpulse.com/MarquetteUniversity

Have any questions? Contact support@virginpulse.com

