Virgin Pulse user guide

Live better every day

The Virgin Pulse program gives you personalized tools to get active and healthy. Join Virgin Pulse today to personalize your wellbeing journey.

Sign up now at join.virginpulse.com/MarquetteUniversity
Already registered? Log in at member.virginpulse.com
Virgin Pulse program

Now it’s even easier to make healthy decisions like getting more active, eating healthy, and getting enough sleep. The Virgin Pulse program keeps you motivated with challenges, promotions, and health tips.

Here’s how to get started:

1. Activate your Virgin Pulse member account at join.virginpulse.com/MarquetteUniversity (Already 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. Connect an activity tracker to get automatic credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Misfit, etc.).

4. Upload a profile picture and add friends.

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

Here’s a peek at the header and menu for easy navigation.

Select your language preference in your profile section.

Sign up now at join.virginpulse.com/MarquetteUniversity
Already registered? Log in at member.virginpulse.com
Devices & Apps

Wearing a device is the fastest way to track your activity and earn points.

To see all compatible devices and apps, go to Devices & Apps (under your profile picture on web and on the left navigation menu on the mobile app). You can order and connect a device to your account here, too.

Be sure to download the Virgin Pulse mobile app for iOS or Android. With the mobile experience, you’ll stay connected on the go. The first time you use the mobile app, use the username and password created during registration. Plus, the first time you log in, you’ll earn bonus points.

My Interests

What topics are you interested in?

<table>
<thead>
<tr>
<th>Getting Active</th>
<th>Eating Healthy</th>
<th>Sleeping Well</th>
<th>Reducing Stress</th>
<th>Being Productive</th>
<th>Learning New Things</th>
<th>Contributing to My Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✗</td>
<td>✔️</td>
<td>✗</td>
</tr>
</tbody>
</table>

My Interests

Choose as many interests as you like to personalize your experience. Interests include:

- Getting Active
- Eating Healthy
- Sleeping Well
- Reducing Stress
- Being Productive
- Learning New Things
- Contributing to My Community
- Building Relationships
- Managing My Finances

The fun and easy-to-use site and mobile app help you reach your goals and achieve success.

Sign up now at join.virginpulse.com/MarquetteUniversity
Already registered? Log in at member.virginpulse.com
Cards

It’s easy to earn points every day by checking out your personalized, daily tip cards. Be sure to complete the cards to earn points and learn something new.

Healthy Habits

Choose which habits you’d like to build and start tracking them. You get points for tracking up to 3 Healthy Habits each day, but you can track up to 20.

Sign up now at join.virginpulse.com/MarquetteUniversity
Already registered? Log in at member.virginpulse.com
Stats
Check your progress to see your steps, calories consumed, measurements, workouts, and sleep data.

Friends
Build your support network. Earn points when you add your first 5 work friends. You can also invite up to 10 friends and family members outside of your organization.

Create groups around common interests or events like biking, recipe sharing, or a lunchtime walking club.

Challenges
Team Challenges
Join a team challenge to increase your steps, earn even more points, and go head-to-head with friends and rivals.

Personal Challenges
Create your own step challenge and invite your friends. You can choose a Weekend Rumble, 1 Day Throwdown, or Weekday Step-off.

Healthy Habit Challenges
Start one of these challenges to work on a new daily habit with others — from eating breakfast to practicing a hobby.

Sign up now at join.virginpulse.com/MarquetteUniversity
Already registered? Log in at member.virginpulse.com
Statements

Check out your progress and how many points and trophies you’ve earned.

Trophy Case

Your Trophy Case holds all of the trophies you’ve earned. Some are just for fun, but some have bonus points tied to them. Check out your Trophy Case to see the ones you’ve already earned and the ones you are close to earning.

Sign up now at join.virginpulse.com/MarquetteUniversity
Already registered? Log in at member.virginpulse.com
How to Earn

See all of the ways to earn points and trophies.

For web
Go to Ways to Earn on the homepage for a daily earning list or How to Earn for the full list.

For the mobile app
Tap the check mark in the upper right of the home screen for a daily earning list or go to Program Details and then select Learn How to Earn More for the full list.

1,000 Steps = 10 Points

You'll earn 10 points for every 1,000 steps you take each day.

1,000 steps = 10 points
2,000 steps = 20 points
3,000 steps = 30 points
4,000 steps = 40 points
5,000 steps = 50 points
And so on...

Take as many steps as possible. You can earn up to 140 points per day for steps.

7,000 daily step goal, but the more you get the more points you earn.

Have Questions?

Drop down the menu bar and click Support under your profile. Click the Support Page button to see all the latest product enhancements and helpful information. You can also live chat with us.

Check out member.virginpulse.com
Live chat: member.virginpulse.com
Monday – Friday 2:00am-9:00pm EST

Sign up now at join.virginpulse.com/MarquetteUniversity
Already registered? Log in at member.virginpulse.com

Give us a call:
(888) 671-9395
Monday – Friday 8:00am-9:00pm EST

Send us an email:
support@virginpulse.com
Participant FAQ
Preventure to Virgin Pulse

Will I need to sign up for the new Virgin Pulse program?
Yes! Get ready for a wellbeing program like no other. To get started, you’ll have to join our Virgin Pulse program. We will no longer support the Preventure platform.

How do I sign up for the new and exciting Virgin Pulse program?
Joining the program is quick and easy. You’ll receive an email from us with all of the information you need to get signed up.

Will I still be able to access the Preventure platform?
The Preventure platform will no longer be available on 7/10/2018. We encourage you to login before this final date to view your historic data and rewards status. The new Virgin Pulse mobile-first platform is sure to empower you to achieve success toward your wellbeing journey.

Will I be able to access the history of my device activity and biometrics in the new platform?
We will upload validated biometric data from a set historical timeframe. Self entered biometrics and device activity history will not transfer to the new platform.

Will I need to sync my fitness device/app to the new platform?
Yes. We encourage you to sync your favorite health and well being device or app to the new platform. We will have quick and easy instructions available to you.

Will my Preventure mobile app still work?
The Preventure platform will not be available. You’ll be able to access the new Virgin Pulse mobile app with new, exciting features all in the palm of your hand. The Virgin Pulse mobile application is available to download on supported devices for iOS and Android. It’s available through Apple and Google Play store.

Do I have to agree to the data consent, privacy policy and membership agreement?
Your privacy is our top priority. You must agree to the data consent, privacy policy and membership agreement to participate in the new Virgin Pulse platform.