GET READY TO THRIVE

The Virgin Pulse program gives you the tools to get active, get healthy, and get rewarded.

Making healthy decisions has never felt better. Join Virgin Pulse today to get moving!

Join now at join.virginpulse.com/MaineHealth
**Ways to Earn & Programs**

- MaineHealth is proud to support the health and wellbeing of our employees. An important component of our wellness program is our Wellness Platform, powered by Virgin Pulse.
- Virgin Pulse is an online platform that encourages healthy habits, and allows Benefit Eligible employees to earn points that can later be converted to cash and prizes! Employees can earn up to $150 per program (programs run for six months) by tracking steps, habits, completing MaineHealth classes, among other activities!
- Non-Benefit Eligible employees are able to earn points, but are not eligible to redeem for cash and prizes.

**Ways to Earn**

Virgin Pulse offers many ways to earn points, and will help guide you to things that you’ve expressed interest in.

Click on the **Ways to Earn** clipboard to see all of the tasks you’ve completed today and tasks you can complete to earn more points. Interested in setting your interests? Click on the box and go directly to that page, then come back to see your points add up.

Want to know more? Navigate to **Rewards** at the top of your screen, then select **How to Earn** to see the full list of earning opportunities! Earn points for daily steps, participating in company and personal challenges, completing a Journey or Whil session, participating in MaineHealth or local events, and more.

When you enroll in Virgin Pulse, you have the opportunity to earn thousands of points, which elevate you through four levels. As you reach each of the four levels, benefit eligible employees will see points convert to PulseCash which can be redeemed through the platform. Achieve all four levels to earn up to $150 (per 6 month program).
Common Ways to Earn Points:

- Complete registration - 5,000 points one time
- Add profile photo - 100 points
- Connect an activity tracker or device - 500 points one time
- Download the mobile app - 250 points one time
- Add 5 friends - 250 points one time
- Take the Health Assessment on the Programs Page - 5,000 points annually
- Set a well-being goal - 200 points

To Set a well-being goal, hover over your profile picture and select My Goal. Learn about the benefits of goal setting and well-being, and set a goal for yourself at the bottom of the page. Note that this goal is only visible to you and is to help hold yourself accountable.

Do you know how much you walk? The average health care worker walks 4-5 miles in a 12 hour shift, which is nearly 10,000 steps! You can track this manually by hovering over Tracking and select Stats. Select Log Steps to add your daily entry. You are able to track steps for up to 14 days retroactively.

Recurring Opportunities

In addition to earning points when you enroll in Virgin Pulse, there are many ongoing opportunities to maximize your points and rewards.

Daily Cards

Daily Cards are a great way to learn facts about health, such as how stress affects you or the difference between good and bad fats. Two cards will show daily on your Home Page, just click through to earn 20 points per card! Point cards are denoted by the blue banner on the upper right corner of the card.
Healthy Habits

You get rewarded for tracking three Healthy Habits per day. Go to Tracking, then Healthy Habits to look through the healthy habits you’ve chosen to track. Switch it up by selecting Browse All and choosing new habits to track.

Voucher

Receive voucher codes for participating in a MaineHealth wellness event or class. Upon completion of the event, you may receive a Voucher Code unique to you. To redeem your voucher, go to Rewards, then My Rewards. Click on Redeem a Voucher, and enter your code. Note: this code cannot be used more than once.

Participation

Receive credit for participating in things you are already doing! Do you go on Gemba walks, volunteer, or get bi-annual dental cleanings? Great – those are even more opportunities to earn points. To track your participation, go to Rewards, then How to Earn; click on the event to complete and receive your points. Please note that participation can not be tracked on the mobile app, you must login on a computer to track these activities.

Diabetes Prevention Quiz

For those enrolled in a MaineHealth medical plan, take the Solera Diabetes Prevention Quiz, to see if you are at risk for pre-diabetes. You’ll earn 500 points just for taking the quiz, whether you qualify for the program or not! Find this quiz under Programs, then select All.

Challenges

Create a challenge; click on Challenges, then Create Challenge. You can also earn points for joining a team in a MaineHealth challenge, being a team captain & recruiting others to your team, and posting comments in the chat portion of a challenge!
Programs are plans of action to help you accomplish a particular goal with helpful hints and resources. Program topics include how to best manage your finances, alcohol, diabetes, exercise, smoking, and stress, as well as how to build healthier habits, such as mindfulness or smart snacking.

In Virgin Pulse, the default Programs are filtered to be ones Recommended for You based on interest. In order to see all of the available programs, select the All filter on the left hand side.

If you’re interested in programs on a specific topic, use the Search box to search out programs specifically related to that topic.

Check out some of the most popular programs below.

Journeys are interactive programs that guide you towards a goal and help to hold you accountable. Journey topics include lifestyle changes, such as healthy eating, financial well-being, stress management, and physical fitness, as well as health-focused changes, such as alcohol use, and pregnancy.

Bonus! Earn points for completing a Journey.

MaineHealth’s Learning Resource Center offers community classes and events. Attend a qualifying class and earn points. Topics vary and include stress management, effective communication, healthy eating, and many more!

Whil is an online program focused on helping people be the best versions of themselves. Through their partnership with Virgin Pulse, we bring you access to three of their most popular programs, Emotional Intelligence 101, Mindfulness 101, and Yoga 101.

Bonus! Earn points for completing a Whil session.
## What can I do on the mobile app versus the computer?

<table>
<thead>
<tr>
<th>Mobile Phone App</th>
<th>Computer</th>
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<tbody>
<tr>
<td>Track steps, habits, and challenge participation</td>
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</tr>
<tr>
<td>View daily cards</td>
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<tr>
<td>Create a challenge</td>
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<tr>
<td>Redeem Pulse Cash for gift cards, shopping in the store, and as a donation</td>
<td>Redeem Pulse Cash to your bank account, in addition to gift cards, shopping in the store, and as a donation</td>
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<td></td>
<td>Access all details for programs and journeys</td>
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<td></td>
<td>More robust tracking – view the full scope of what you can track</td>
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</tbody>
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### Other questions?
You can always chat or email customer support via the Virgin Pulse website, by clicking on the green tabs on the right of page. You can get support no matter what page you are on.

Member Services can also be reached at 833-483-0836 or support@virginpulse.com

Sign up now at join.virginpulse.com/MaineHealth
Already a member? Login at member.virginpulse.com