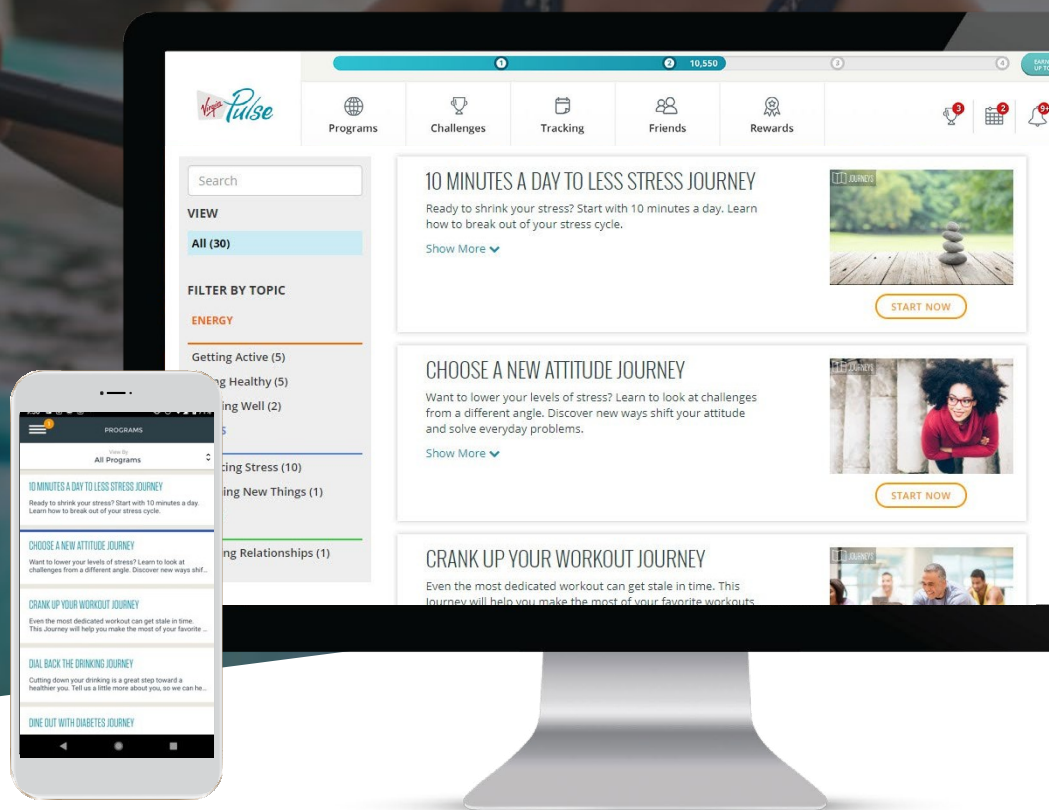


Virgin Pulse Journeys[®]



Want to make a change to your health, but need that extra nudge? Try Journeys[®], a digital coaching tool, designed to help you improve your health and well-being, one small step at a time. Use it to stress less, move more, sleep soundly, enjoy financial well-being, and much more!

Get started

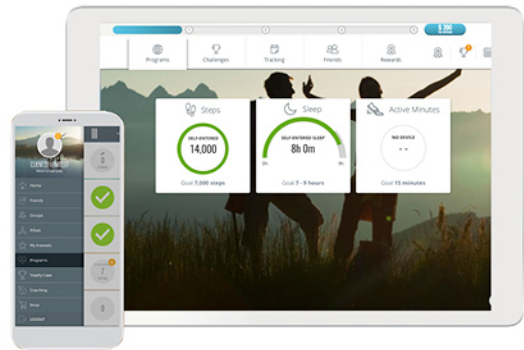
Go to member.virginpulse.com. Once you've signed in, click **Programs** from the main menu. Then choose a Journey.



Get started

Step 1

Open the Virgin Pulse mobile app or go to the website. Go to the main menu and click **Programs**.

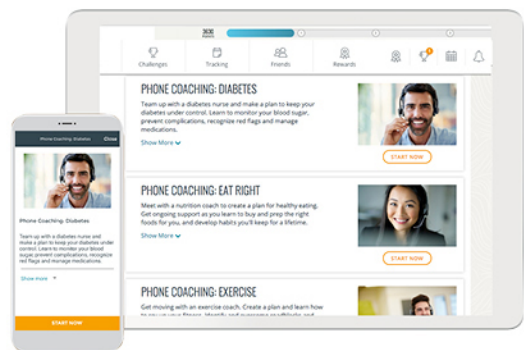


Step 2

Find the **Journeys** recommended for you. Click on the **Journey** you would like to take. If you would like to view all the available **Journeys**, click **All** from the menu.

Step 3

Begin your Journey by clicking **START NOW**.



Step 4

You will be asked a few questions to gauge where you are at the beginning of your **Journey**. When you have finished your answers, click **Next**.

Don't have the app?

Download it today from the App Store or on Google Play.

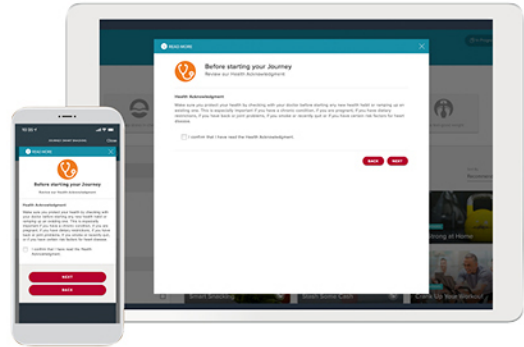


Step 5

You will be asked to confirm that you have read the **Health Acknowledgement**. This step assures that you are healthy enough to take the **Journey**. It is especially important if you have a chronic condition, if you are pregnant, if you have dietary restrictions, back or joint problems, or if you smoke.

Step 6

Select the **Confirm** box, click on **Next** and you're on your way!

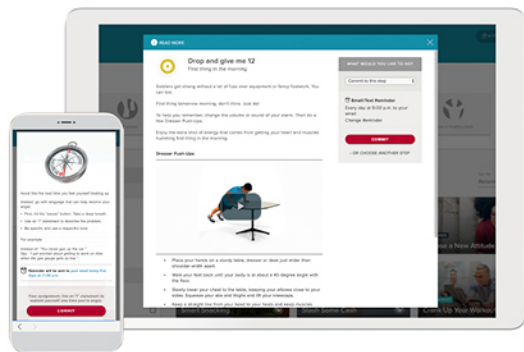


Step 7

On the **Welcome** page of your **Journey**, you'll find information and helpful tips as you set achievable goals and embrace healthy habits. Click on **LET'S BEGIN** to continue.

Step 8

A menu of steps will appear for you to explore. By clicking on one of the steps you will receive more helpful tips on behavior change. You can commit to the step or choose another. If you commit to the step, you will be asked to set up regular email reminders to help you stay on track.



Step 9

Reach 100% progress in each stage in order to unlock the next stage. **Good luck!**

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Stress less

10 Minutes a Day to Less Stress

Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level — but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day.

(2 STAGES)

Choose a New Attitude

Discover ingenious small steps that help you coach yourself into a whole new frame of mind. View challenges from a different angle and find ways to solve everyday problems. Handle stress better by shifting your attitude.

(2 STAGES)

Exercise

Crank Up Your Workout

Even the most dedicated workout can get stale over time. Make the most of your favorite workouts and find new ones to make sure your fitness routine is never standing still. (3 STAGES)

Get Strong at Home

You're ready to get stronger. Discover these great strength-training moves and find out how to pair them with daily habits to keep yourself going at home.

(3 STAGES)

Quit smoking

Ready, Set, Stop Smoking!

You can quit smoking once and for all by practicing one small, doable — even fun — step at a time. First, set your quit date. Then start prepping your mind, body, and environment. When your quit date arrives, you'll be ready to stop!

(4 STAGES)

Healthy eating

Slow Down, Eat Less

Put your mind on your food. Learn how to focus on flavor, fullness, and really enjoying what you eat. The result? You'll learn to feel satisfied without feeling stuffed. (3 STAGES)

Smart Snacking

Follow a path to a snacking routine that can help you meet your weight goals. You'll practice thinking ahead and learn to spot the most energizing choices. You'll avoid overeating at meals and boost your nutrition, one small snack at a time. (3 STAGES)

Alcohol

Dial Back the Drinking

Drinking can be costly. In money, calories, sleep quality, and relationships — and of course, the risk of dependence. This Journey can help you cut down or quit. Test new drinks that satisfy. Relax and energize in new ways.

(3 STAGES)

Diabetes

Dine Out with Diabetes

This Journey will guide you through small steps and tips for ordering well. You may never look at a menu quite the same way again. (3 STAGES)

Fit to Walk with Diabetes

Practice new ways of squeezing in fitness and setting up your environment so you're ready and motivated to get out there.

(3 STAGES)

Not a member yet? Don't miss out on all the fun!
Get started today by going to join.virginpulse.com

Back, muscles & joints

Lift Right, Sit Right

Learn how to sidestep back pain by trying out easy ways to tweak the things you do every day, from lifting to sitting to standing — even sleeping! (3 STAGES)

Strengthen Your Core

Practice and put together simple moves that will help you look better, feel better, and avoid back pain. (2 STAGES)

Live Better with Osteoarthritis

Explore a variety pack of self-care tips and learn about medical treatments on your way to a fuller, more productive life. (2 STAGES)

Live Better with Rheumatoid Arthritis

Make small changes to how you care for your body and mind, soothing your pain and possibly slowing the progression of your rheumatoid arthritis. (2 STAGES)

Financial wellbeing

Shrink Your Debt

Even the most dedicated workout can get stale over time. Make the most of your favorite workouts and find new ones to make sure your fitness routine is never standing still. (3 STAGES)

Smart Health Shopping

Discover ingenious small steps that help you coach yourself into a whole new frame of mind. View challenges from a different angle and find ways to solve everyday problems. Handle stress better by shifting your attitude. (3 STAGES)

Start Now, Retire Happy

Learn new ways of money saving and follow our simple, painless advice to help your retirement account grow big and strong. Participants can take small challenge steps — such as opening a retirement account with automatic contribution, and/ or increasing their existing automatic contribution. (2 STAGES)

Stash Some Cash

Does the thought of a surprising major expense make you panic? You're not alone — many people aren't quite ready for life's what-ifs. This Journey will help you find ways to spend less and get you started on saving for unexpected expenses. Get confident about your future, so you can relax a little more today. (3 STAGES)

Your Meds: Find Ways to Save

Take the mystery out of prescription costs and avoid common mistakes that can cost big money. Go for generics, consider mail order and get to know your pharmacist, making the most of your insurance plan. (2 STAGES)

Plan Well for a Well Child

Help identify free services offered by health plans, identify and overcome barriers to medical visits such as transportation and child care, and learn more about the many important free preventative health services provided during a well child visit. (2 STAGES)

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