



# Upgrade your wellbeing experience

Great news! You have access to a variety of wonderful Virgin Pulse partners whose programs make it fun and easy to upgrade your wellbeing experience. Dive deeper into healthy activities and focus areas that interest you the most. Take advantage of the vast array of expertise available at your fingertips.

## Not a member yet?

Don't miss out on the fun! Visit [join.virginpulse.com/RFSUNY](https://join.virginpulse.com/RFSUNY).

## Get started

Visit [member.virginpulse.com](https://member.virginpulse.com) and go to your **Benefits** page or scan the QR code to open in your app.



# Start exploring partner programs

Sign in and learn more about the specialized resources available to you. You may participate in as many of the programs as you'd like, to enhance your experience and help you achieve your health and wellbeing goals.

## Step 1

Under **Benefits**, choose the program(s) that will help you meet your wellbeing goals.

## Step 2

Click **Start Now** and then **Confirm and Continue**.

## Step 3

Accept the program's Terms and Conditions, if prompted.

## Step 4

Download the partner program's mobile app for iOS or Android and create an account. It will sync up with your Virgin Pulse program.

# Learn more about our partner programs

## Enrich

Need help managing your money? Start your financial wellness journey with Enrich today. You'll receive customized financial education to improve the financial skills most important to you. Focus areas include student loans, retirement, healthcare and personal finance.

## Headspace

Headspace makes mental health support accessible to everyone. The app and web-based program offer mindfulness tools for everyday life, with 2,000 hours of content including meditations, sleepcasts, mindful movement and focus exercises. Choose short meditations to stay on track throughout the day, or longer sessions to deepen your training.

## Foodsmart

Foodsmart makes healthy eating easy with its powerful mobile app, plus grocery discounts, meal kits and more. Identify how to clean up your diet by taking NutriQuiz. Foodsmart makes healthy food the most tasty, convenient and affordable option for every meal of the day.

## Wellbeats

Wellbeats offers 30+ channels and hundreds of virtual fitness classes with something for every age, stage and ability. User-friendly filters make it easy to find exactly what you're looking for. Access Tutorial, Basic and a variety of other classes, 1–60 minutes in length. Wellbeats also includes content for mental wellbeing and healthy eating.

