



**Earn up to
\$400
per year!**

2023 Virgin Pulse wellbeing program

Small steps lead to big changes.

The Research Foundation for SUNY's wellbeing program through Virgin Pulse helps you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing. The new program year began on January 1, which means new program activities and new ways to earn rewards.

What's in it for you:

- A fun and engaging mobile experience that delivers powerful resources right to your fingertips
- Personalized tools and support to meet your wellbeing goals
- The Journeys coaching tool helps you build healthy habits that stick





How to get started

- Step 1** **Sign up for your Virgin Pulse account** by going to join.virginpulse.com/RFSUNY. Already a member? Sign in at member.virginpulse.com.
- Step 2** **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3** **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
- Step 4** **Upload a profile picture** and add some friends.
- Step 5** **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6** **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Get the app:



Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per quarter
Points	1,000	4,000	10,000	16,000	
Pulse Cash	\$10	\$20	\$30	\$40	\$100

Pulse Cash annual max: \$100 x 4 quarters = **\$400**

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	30
	30 active minutes in a day	100
	Complete a Journey step	20
Monthly	Join a personal challenge	100
	Sleep >7 hours 20 days in a month	300
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Set your interests	400
One-time	Set a wellbeing goal	200
	Connect first activity device	250
	Complete the Health Assessment	1,000



Keep earning points after reaching Level 4 to be entered into a drawing to earn extra rewards!

Use your Pulse Cash:



Visit the store



Donate it



Get a gift card

Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

Media Library

A catalog of interactive videos led by our team of trainers and coaches on a variety of topics. There's something for everyone, from beginners to experts. No matter where you are in your journey, take a moment to check out this new, interactive resource.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

Phone Coaching

Talk to a coach over the phone to set goals and get one-on-one support, expert guidance and answers to your questions.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.