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:

<table>
<thead>
<tr>
<th>Points</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Total rewards per quarter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points</td>
<td>1,000</td>
<td>4,000</td>
<td>10,000</td>
<td>16,000</td>
<td>$100</td>
</tr>
<tr>
<td>Pulse Cash</td>
<td>$10</td>
<td>$20</td>
<td>$30</td>
<td>$40</td>
<td>$100</td>
</tr>
</tbody>
</table>

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.

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

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.

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**Have questions? We’re here to help.**

- Check out [support.virginpulse.com](http://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](http://support.virginpulse.com) and search Medical Exceptions.