



Build a **better you**

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy and live better every day.

Here's how to get started:

Step 1

Visit join.virginpulse.com/wellnessatbrown and activate your Virgin Pulse account.

Step 2

Connect a device or app to track your steps, active minutes and sleep. We sync with many trackers, such as Max GO, Apple Watch and Fitbit, just to name a few.

Step 3

Upload a profile picture and add some friends.

Step 4

Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 5

Download the Virgin Pulse mobile app for iOS or Android.

Scan the QR code to download the app.



BROWN



Your 2024 program

Brown University knows you're taking the time to maintain or improve your health. To recognize your efforts, we offer rewards for participating in the wellness program. It's easy to earn rewards by making healthy decisions.

What's ahead in 2024:

	Cash incentive	
Ways to earn	Track a promoted Healthy Habit Challenge 5 out of 7 days (5x per year)	\$50
	Complete the Health Assessment	\$50
	Complete the Nicotine-Free Agreement	\$25
	Journeys® digital coaching: Complete a Journey	\$25
	Complete a Brown onsite/online wellness program	\$25
	Complete a Brown fitness program	\$25
	Complete a Brown financial wellness program	\$25
	Complete an annual dental exam	\$25
	Complete an annual medical exam	\$25
	Reach Goal in ONE Wellness in a Brown-sponsored portal challenge	\$50

For more ways to earn, visit **How to Earn** under the **Rewards** page on the site. Or go to **Rewards** > **Learn How To Earn More Points** on the mobile app.

2024 Wellness Rewards options

Participants who reach \$250 in 2024 Wellness Rewards will be able to select one of three reward options:

1. A taxable cash incentive payment of \$250
2. A 12-month membership to Nelson Fitness Center
3. A program fee voucher (valued at \$300) that can be used towards a Mindfulness-Based Stress Reduction or Mindfulness-Based Cognitive Therapy course offered by the School of Professional Studies.

Note: You will be responsible for any balance remaining after the voucher is applied towards the program fee.

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