



WELCOME TO VIRGIN PULSE 2.0!

We're excited to show you around, but we know change can be disorienting. So, here's a cheat sheet!

Virgin Pulse 1.0

HealthMiles

7,000 Steps: earn 60 HealthMiles when you hit 7,000 steps in a day

Maximum of 100 HealthMiles for Activity: for any kind of activity you get in a day, you can earn a maximum of 100 HealthMiles per day.

Activity Journal: track all your daily activities in the Activity Journal (focusing on duration and calories burned).

What's Up Next: where to find suggestions for your next earning opportunities

Friends: your friends and connections within the Virgin Pulse network

The New Virgin Pulse 2.0

Points: HealthMiles are now "Points" (earn 'em to hit levels and get rewards)

Points at every 1,000 Steps: You'll earn points at every 1,000 steps. Take 5,000 steps, you'll earn 50 points!

Maximum of 140 Points with New Bonus Points: Earn hundreds of bonus points for tracking 20 out of 30 days in a month! Check out the Trophy Case to see your progress.

Healthy Habit Tracking: Track many more daily activities under "Healthy Habits" in a number of different categories. The Activity Journal is now renamed the **Get a Workout** tracker.

Today's Earning Tips: a to-do list (front and center on the homepage) delivers available earning opportunities as well as what you'll earn for doing them!

Friends: You'll need to re-invite friends within your company, as well as friends and family outside your company. A nice time to reaffirm your friendships and connections!