

# Your Healthier Together Take Action Guide

This Take Action Guide offers short videos to learn more and easy steps to take action, so you can make healthy choices part of your daily routine with Healthier Together. Simply click on the play icons or visit the Healthier Together Hub – where you can access resources, participate in activities, track your progress, create a social network, and earn rewards.

## I want to ...

### Get started with Healthier Together

#### Learn how to ...



Access all your Medtronic well-being resources in one place

#### Take action by ...

- Visit [healthiertogether.medtronic.com](https://healthiertogether.medtronic.com)
- Select “Employee Sign Up” (use your Medtronic username and password) and follow the instructions

#### Healthy choices are rewarding

You'll earn Healthier Together points for completing and tracking your activities. As you earn points and achieve levels within the rewards program, you'll be entered into Recognize! point drawings, redeemable for a variety of reward items.

## Use my personal fitness device or app to track my progress

#### Learn how to ...



Track your progress and access resources on-the-go

#### Take action by ...

- Download and log into the Virgin Pulse App
- Select your Profile tab
- Click on the Devices and Apps icon
- Select your Profile tab
- Click on the Devices and Apps icon







Earn points automatically for your daily movement



Sync your Apple Health, Google Fit, and other apps for a seamless experience monitoring your sleep, nutrition, and more

## Incorporate wellness into my daily life

### Learn how to ...





-  Self-track progress towards your goals and earn points
-  Choose your interests and receive daily health tips
-  Take a short mental and physical break
-  View live stream and pre-recorded workouts, healthy eating recipes, guided meditations, and more

### Take action by ...

- In the Virgin Pulse App, click on the Healthy Habits icon on the home screen
- Select your Profile tab
- Click on More
- Select your Topics of Interest
- From the home screen, click on the Cards icon
- Add daily virtual Flexbreaks to your work calendar
- Select "Take a Flexbreak" under Healthy Habits to track daily
- Incorporate a custom Flexbreak in your meeting
- Subscribe to the Healthier Together Virtual Wellness YouTube Channel

## Focus on my mental health and build resilience

### Learn how to ...




-  Enhance your mental health and build on your success in and out of work with short mindfulness sessions
-  Build habits that improve your health one step at a time to reach your goals
-  Connect to confidential, 24/7 virtual and telephonic assistance to navigate any form of uncertainty or stress
-  Access on-demand, confidential mental health coaching via text-based chat and self-care activities

### Take action by ...

- Select the Programs tab
- Search for Whil in the search bar
- Select the Health tab
- Click on Journeys
- Visit [meap.medtronic.com](https://meap.medtronic.com)
- Download the Ginger Emotional Support app
- Click on Get Started, and enter your email address
- Follow the instructions sent to your inbox

## Join a supportive network of colleagues achieving similar well-being goals

### Learn how to ...

-  Add friendly competition to your wellness goals and build rewarding relationships
-  Stay up-to-date on challenges, webinars, and register for upcoming events
-  Engage with colleagues around the world about their personal well-being journey

### Take action by ...

- Select the Social tab
- Click on My Challenges
- Create your own challenge and invite friends, or join an existing challenge
- Select the Social tab
- Click on Events Calendar
- Add events to your own calendar
- Participate in the Healthier Together Yammer community