


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, and create a social network.

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
- Select “Employee Sign Up” (use your Medtronic username and password) and follow the instructions

Use my personal fitness device or app to track my progress

Learn how to ...





-  Track your progress and access resources on-the-go
-  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

Take action by ...

- Download and log into the Virgin Pulse App
- Select More
- Click on Devices and Apps
- Select More
- Click on Devices and Apps

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
- 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 RethinkCare in the search bar
- Select the Health tab
- Click on Journeys
- Visit 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