

GET READY TO THRIVE

The Virgin Pulse program gives you the tools to get active, get healthy, and get rewarded.

Making healthy decisions has never felt better. Join Virgin Pulse today to get moving!

Join now at join.virginpulse.com/loanDepot



Virgin Pulse program

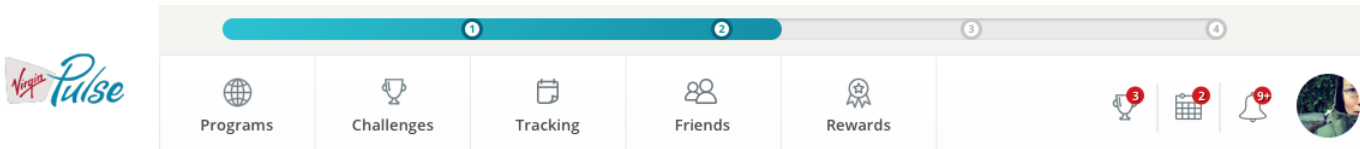
Now it's even easier to make healthy decisions like getting more active, drinking more water, getting enough sleep, and a lot more!

The Virgin Pulse program keeps you motivated with challenges, promotions, and health tips. You'll also earn points and trophies.

Here's what to do:

- Login to your Virgin Pulse account at member.virginpulse.com and be sure to bookmark the site. Not a member yet? Join now at join.virginpulse.com/loanDepot.
- Set your goals and interests.
- Register or connect your activity tracking device or app. Wearing a device is the fastest way to earn points!
- Track your healthy activities, like moving more and drinking more water.
- Check in by taking health measurements, like weight and blood pressure.
- Take part in challenges, discover healthy tips, and more!
- Get rewarded for the healthy things you do. The more you do, the more points you earn. Each quarter your game will start fresh, and you'll have another opportunity to reach Level 4!

Here's a peek at the header and menu for easy navigation:



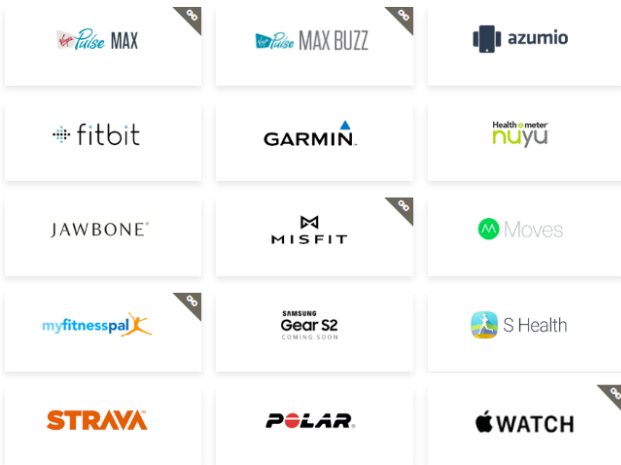
The site is easy and fun to use to help you reach your goals and earn rewards.

DEVICES & APPS

VIRGIN PULSE STORE

Browse Options Find by Activity My Devices & Apps

Select your brand of app or device to connect to Virgin Pulse. View the latest supported devices in our FAQ.



Devices & Apps

Wearing a device is the fastest way to earn points and get rewards! To see all compatible devices and apps, drop down the menu bar and click Devices & Apps under Tracking. Order and connect a device to your account here, too!

Be sure to download the Virgin Pulse mobile app for iOS or Android. If you are currently using the Virgin Pulse mobile app, be sure to update to the latest version in the App Store or Google Play. With the new mobile experience you'll stay connected on the go. Plus, the first time you log in you'll earn bonus points!

MY GOAL

WHY SET A GOAL?
WHAT IS WELL-BEING?
WHAT DOES WELL-BEING MEAN TO ME?
WHAT IS MY WELL-BEING GOAL?



READY? LET'S GO

My Goal

People who set goals feel happier, are more satisfied with life, and are more effective at work.

How do you envision yourself living a life of wellbeing a year from now? Set a meaningful, long-term wellbeing goal for yourself and we'll help you stick to it!

MY INTERESTS

Pick the areas you're interested in and we'll cook up relevant tips and recommendations just for you!

SAVE



Getting Active



Learning New Things



Eating Healthy



Being Productive



Building Relationships



Sleeping Well



Reducing Stress



Contribute to My Community

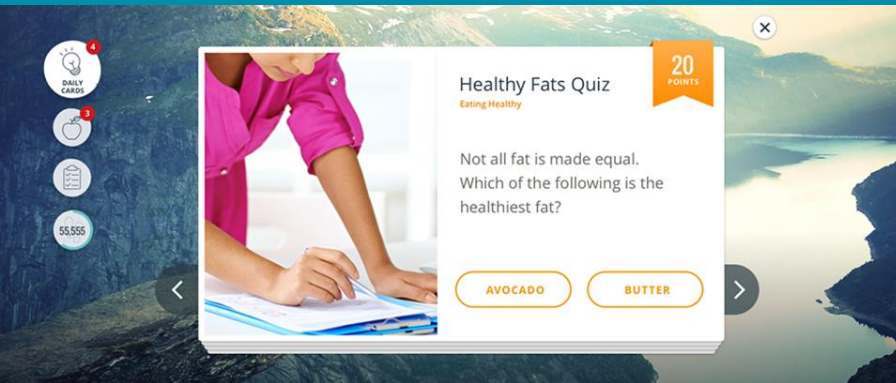


Managing My finances

My Interests

Choose as many interests as you like and we will personalize your program experience! Interests include:

- Eating Healthy
- Getting Active
- Sleeping Well
- Reducing Stress
- Being Productive
- Building Relationships
- Learning New Things
- Managing My Finances
- Contributing to My Community



Daily Cards

It's easy to earn points every day by checking out your daily cards. Be sure to complete the cards to earn points. If you like it, click the thumbs up to let us know. You'll see new cards on the site and mobile app each day.

HEALTHY HABITS

You get rewarded for tracking **THREE HEALTHY HABITS A DAY**. So don't forget to track every day!

Friday 05/01 WEEK OF APRIL 25 - MAY 01, 2015

RELAXATION BREATHING
Did you respond to stress by taking 3 deep breaths?

YES! NO

45 participants

YES! YES! YES! YES! YES! YES!

NO

04-25 04-26 04-27 04-28 04-29 04-30 05-01

STAIRS
Did you take the stairs today?

YES! NO

202 participants

YES! YES! YES! YES! YES! YES!

NO

04-25 04-26 04-27 04-28 04-29 04-30 05-01

TRACK YOUR MOOD
What's your mood today?

☹️ 😐 😊 😊 😊 😊 😊 😊

133 participants

☹️ 😐 😊 😊 😊 😊 😊 😊

04-25 04-26 04-27 04-28 04-29 04-30 05-01

ADD A HABIT

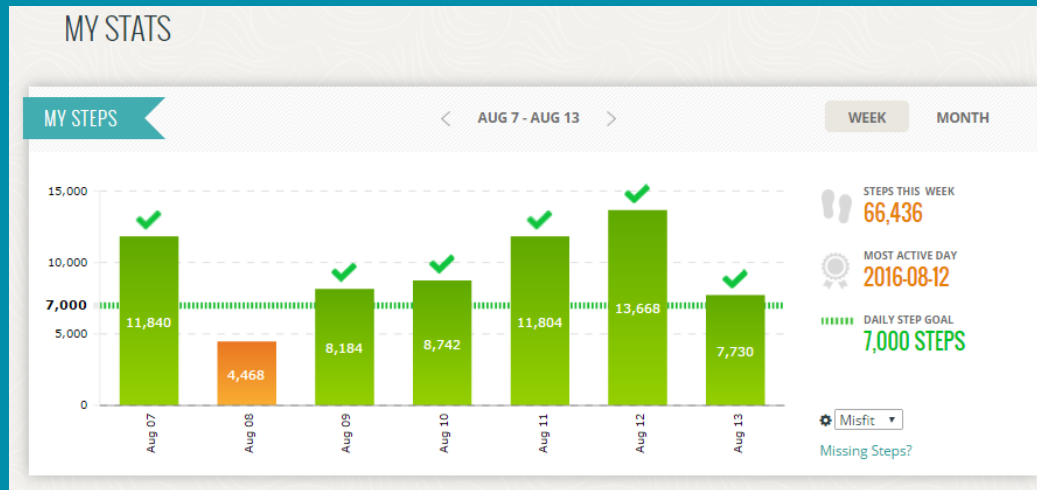
Drag a habit (up to 20) from the menu (or hit the +) to join the fun

Healthy Habits

Choose which habits you'd like to build and be sure you track them! You get rewarded for tracking three Healthy Habits each day, but you can track up to 20.

My Stats

Check your progress to see your steps, calories consumed, measurements, workouts, and sleep data.



Friends

Add new friends and family and re-invite your old ones to build your support network. Earn points when you add your first five friends and first friends and family outside of your organization!

Create groups around common interests or events like biking, recipe sharing, or a lunchtime walking club.

GROUPS

CREATE A GROUP

MY GROUPS

- GET A BETTER NIGHTS SLEEP**
Lifestyle
29 Members
Last Comment: 2016-01-05
- SHARE A RECIPE**
Nutrition
52 Members
Last Comment: 2015-12-07
- BOOK CLUB**
Lifestyle
28 Members
Last Comment: 2015-08-28
- LIVE OUTSIDE YOUR COMFORT Z...**
Just for Fun
13 Members
Last Comment: 2015-07-28

Challenges

Join a team challenge to increase your steps, earn even more points, and go head-to-head with your fellow Virgin Pulse members.

In addition to team challenges, invite friends and group members to personal challenges.

GREAT AMERICAN ADVENTURE

Team up to trek across the United States — from New York City to Hollywood! Your crew has just a few weeks to walk coast to coast, unlocking American sights and cities along the way! Ready to hit the road?

CHALLENGE RULES

289,227 TEAM STEPS

ADD RIVALS

6 DAYS REMAINING

WHAT'S HAPPENING?

MY TEAM CHAT VIEW ALL TALK

2 hrs ago
LIL LILLE
"We're just 15,000 steps behind. Who wants to run tonight?!"

7 hrs ago
LIL LILLE
"OMG! We're in the running for top 3! Can you guys make sure you upload your steps today so I can set realistic expectations for my winning that iPad?"

TEAM LEADERBOARD

MEMBERS

- LIL LILLE 80,450
- CHELSEA 79,500
- JEFF 75,675
- MANDY 64,890
- JUICE MAN 60,400

PLAYER LEADERBOARD

POINTS BY DAY

EVENTS CALENDAR

← → today

NOVEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
	Tread Tabata	9 Miles East Farm Deli	Adopt-A-Family starts Yoga	Mani/Pedis by Red Do	Clothing Drive Starts	
6	7	8	9	10	11	12
	Tread Tabata	9 Miles East Farm Deli Barre Fusion	Yoga Mindfulness Workshop	Mani/Pedis by Red Do	Yogurt Bar Barre Fusion	
13	14	15	16	17	18	19
	Tread Tabata	9 Miles East Farm Deli	15-Minute Chair Mass Yoga	Mani/Pedis by Red Do Beer Cart	Clothing Drive Ends	
20	21	22	23	24	25	26
	Tread Tabata	9 Miles East Farm Deli Barre Fusion		Thanksgiving Thanksgiving		

Events Calendar

Check out all of your organization's scheduled wellness events each month.

MONTHLY STATEMENT

August 2017

Not sure if you can fully participate in this program because of a disability or medical condition? You may be eligible for alternative ways to participate. For more information, check out our Support page answers or send us an e-mail! The maximum points that can be earned through activity is 140 points per day.

MY REWARDS



No rewards for this period

Monthly Statement

Check out your progress and how many points and trophies you have earned.

Redeem Vouchers

You can also redeem points vouchers on the Monthly Statement page or mobile app. Vouchers may be earned at your location for practicing healthy habits and behaviors.

TROPHY CASE

<

GET CARDED!
Earned on 08/13

7,000 STEPS TROPHY
Earned on 05/11

LEVEL 2
Earned on 05/08

CARD COLLECTOR
Earned on 05/07

>

Trophy Case

Your Trophy Case holds all of the trophies you've earned in your game. Some are just for fun, but some have bonus points tied to them! Check out your Trophy Case to see the ones you've already earned and the ones you are close to earning.

IN THE RUNNING

What trophies are on deck and your progress towards achieving them!

10,000 STEPS TROPHY

TRACK STEPS 10 DAYS IN A MONTH

BECOMING A HABIT

CARD SHARK

LEVEL 3

WIN THE MONTH!

FAST TRACK

LEVEL 4

20,000 STEPS TROPHY

HAPPY PURSUIT

7K STEPS FOR 20 DAYS IN A MONTH

30,000 STEPS TROPHY

HOW TO EARN



How to Earn

See all of the ways to earn points and trophies.

The to do list (on the home page) tells you all your available earning opportunities.

ACTIVITY		POINTS
DAILY	Take 1,000 steps in a day	10
	Take 2,000 steps in a day	20
	Take 3,000 steps in a day	30
	Take 4,000 steps in a day	40
	Take 5,000 steps in a day	50
	Take 6,000 steps in a day	60
	Take 7,000 steps in a day	70
	Workout for 15 minutes in a day	70
	Maximum Activity Reward	140
	Take 14,000 steps in a day	140
	MONTHLY	Take 7,000 steps 20 days in a month
	Take 10,000 steps 20 days in a month	500

CARDS		POINTS
DAILY	Do Your Daily Cards	20
MONTHLY	Complete 10 daily cards in a month	100
	Complete 20 daily cards in a month	200

CHALLENGES		POINTS
MONTHLY	Creating a Personal challenge	50
	Join personal challenge	100
	Join the Company Challenge	100
	Achieve the promoted Healthy Habit for 5 of 7 days	200

CUSTOM		POINTS
DAILY	Enter your daily 'one thing'	40
ONETIME	Attended Report Training	10

GENERAL		POINTS
ONETIME	Add a Profile Picture	100
PROGRAM	Set a wellbeing goal	200

1,000 Steps = 10 Points

You'll earn 10 points for every 1,000 steps you take each day.

1,000 steps = 10 points
2,000 steps = 20 points
3,000 steps = 30 points
4,000 steps = 40 points
5,000 steps = 50 points
And so on...

Take as many steps as possible! You can earn up to 140 points per day for steps.

7,000 Daily Step Goal

Aim for at least 7,000 steps each day to enjoy the benefits of being physically active and earn points.

Have Questions?

Drop down the menu bar and click Support under your profile. Click the Support Page button to see all the latest product enhancements and helpful information. You can also live chat with us.

Have Additional Questions?

Give us a call: (888) 671-9395 M-F 8:00am-9:00pm EST
Send us an email: support@virginpulse.com
Check out support.virginpulse.com
Live chat: member.virginpulse.com M-F 2:00am-9:00pm EST

CONTACT US



Find answers on our [Support Page](#)

Or, call us at 888-671-9395