



Earn up to
\$300
per year!

Build a better you

THE NFP WELL-BEING PROGRAM

The NFP well-being program helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

Who can participate?

Employees are invited to join.

How to join

- Go to join.virginpulse.com/nfp
- Accept the terms and conditions
- Download the Virgin Pulse mobile app from the App Store or Google Play



Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Personalize your experience

Go to the **More** tab and discover the many ways you can customize your well-being program. Connect your activity tracker or another well-being app and set your topics of interest to make your experience focus in on what matters to you most.

Complete the Health Check

The Health Check asks questions about your current health status and well-being habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your well-being. You'll find the survey under the **Health** tab.

Track your Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your well-being. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits** to change up the habits you try over time.



NFP offers a ton of well-being benefits to support your physical, mental and financial health. Get more information on your **Benefits** page today by clicking [here](#).

Rewards

You can earn up to \$75 in rewards each quarter, or \$300 per year, for participating in activities. Then, redeem your Pulse Cash for gift cards or in the Virgin Pulse Store for fitness accessories and more! Pulse Cash is yours to accumulate and redeem when you're ready and it doesn't expire.

Quarterly earning opportunities

	Points	Pulse Cash
LEVEL 1	500	\$10
LEVEL 2	5,000	\$15
LEVEL 3	12,000	\$20
LEVEL 4	18,000	30
Total rewards per quarter		\$75

	Ways to earn	Points
Daily	Take 7,000 steps in a day	70
	Do your Daily Cards	20/card
	Track your Healthy Habits	10/habit
Monthly	Win the promoted Healthy Habit Challenge	200
	Complete 20 RethinkCare sessions in a month	200
	Track calories 10 days in a month	200
Quarterly	Join the company challenge	100
	Choose your eating type	250
	Choose your sleep profile	250
Yearly	Set a well-being goal	200
	Complete the Wellcents Assessment	500
	Complete the Health Check	1,000

For a full list of ways to earn, visit the [NFP Wellness Platform](#).

Additional activities

Prioritize and personalize your experience by engaging in resources to help improve your well-being. This is not a comprehensive list. Please visit your Rewards page for a full display of your earning opportunities.

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys®: Try this digital coaching program to make simple changes to improve your health, one step at a time.

My Care Checklist: My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of health checkups, all in one place.

Challenges: Team up with others to create new habits with some healthy competition.

Nutrition Guide: Choose your eating type and tell us what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Sleep Guide: What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Coworkers, friends and family: Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

Recipes: Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Social Groups: Getting healthier and learning something new is easier with friends. Join a group (or start your own) to stay motivated, chat with others and achieve goals together.

RethinkCare: Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness. Earn points when you complete RethinkCare sessions!

Shoutouts: Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature found under the Social tab.

Complete a video or audio experience From Your Library: Browse quick, informative content that helps you work on your fitness, mindfulness and more.



Use your Pulse Cash:



Visit the store



Donate it



Get a gift card

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

Not sure if you can fully participate in this program because of a disability or medical condition?

Visit support.virginpulse.com and search Medical Exceptions.



0623



© Virgin Pulse 2024