

# IT'S YOUR TIME TO THRIVE.

intuit.

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

Developing healthy habits has never felt better.  
Join the Virgin Pulse and Intuit Wellness movement today!

[join.virginpulse.com/intuit](http://join.virginpulse.com/intuit)

Living healthy feels even better when you can earn up to **75 credits** per quarter, **300 credits** per year!

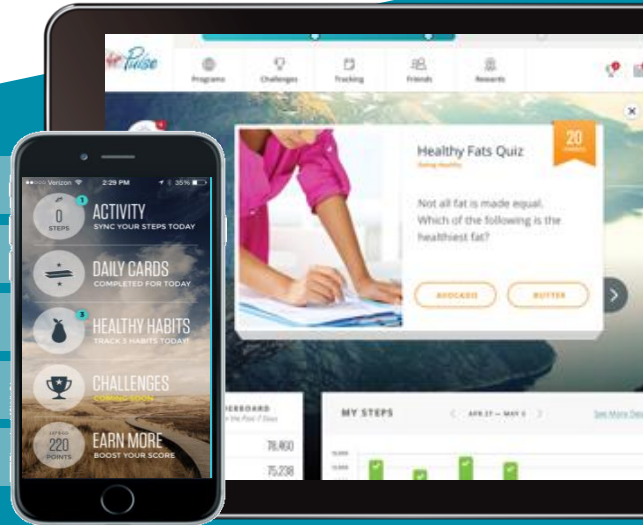
HEALTHY HABIT TRACKING

ACTIVITY TRACKING

PROMOTIONS

CHALLENGES

REWARDS



## How It Works

Virgin Pulse is an easy-to-use program that helps you develop healthy habits like being more active, drinking more water, getting enough sleep, plus a whole lot more. Healthy habits like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great!

The program keeps you motivated with trackers, challenges, promotions, and health tips. If that's not enough to get you motivated, you also earn rewards!

## What You'll Do

- Start by making a commitment to healthier living
- Register for your Virgin Pulse account
- Track your healthy activities from moving more to drinking more water
- Take part in challenges, discover healthy tips, and more
- Get rewards for the healthy things you do

## Free Max Buzz Activity Tracker

Upon enrollment- you will get your first Max Buzz activity tracker for FREE in the Virgin Pulse eCommerce store!

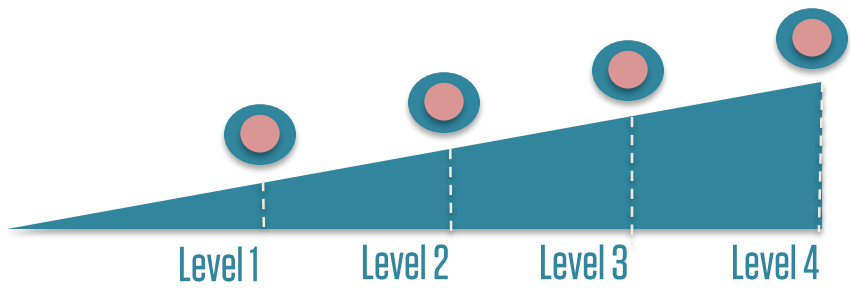
- Wirelessly upload your steps through the Virgin Pulse App
- Get updates addressed to you personally
- Be notified of goal accomplishments
- Track calories and miles
- Many wearable options
- So much more!

Returning members visit [member.virginpulse.com](http://member.virginpulse.com)  
For assistance, contact Member Services at 888-694-5139 or [support@virginpulse.com](mailto:support@virginpulse.com)  
(M- F 8AM - 9PM EST, excluding US Holidays)



# Your rewards

It's easy to earn points by making healthy decisions. Earn as many points as you can before resetting back to zero points every 3 months. Earn up to 75 credits each quarter and up to **300 credits** a year just for maintaining a healthy lifestyle! These credits can be spent in your Rewards Store which offers gift cards, a variety of merchandise and travel.



**QUARTERLY POINTS EARNED**  
**CREDITS (REWARDS) EARNED**

Level 1	Level 2	Level 3	Level 4
1,000	5,000	10,000	15,000
10	15	20	30



## Here are just a few ways to Earn Points:

\*Step reward limits are capped at 14,000 steps per day (140 points per day)  
\*\*Self-tracking reward limits are capped at 3 trackers per day (30 points per day)

Intro	Welcome!	One-time	Registration	100 Points
			Set Interests	100 Points
			Connect first activity device	200 Points
			First login to mobile app	150 Points
			Complete profile	100 Points
Physical Activity	Max activity tracker or other supported device (see site for list)	Per Day	Per 1,000 steps*	10 Points*
			15 or more active minutes	70 Points
			30 or more active minutes	120 Points
			45 or more active minutes	140 Points
Learning	Cards	Per Day	Complete daily cards	20 Points ea
Habits	Healthy Habit Trackers	Per Day	Track your Healthy Habit**	10 Points ea**
		Per month	Track the Promoted Healthy Habit	200 Points
Measure	Self Enter	Per Month	Self-enter your measurements	50 Points
Wellness	Stay Well!	Per Quarter	Set your interests	100 Points
		Per Year	Set a Wellbeing Goal	200 Points
		Per Year	Complete Tobacco Free Agreement	100 Points
		Per Year	Complete the Health Assessment	1,000 Points

Sign up at [join.virginpulse.com/Intuit](http://join.virginpulse.com/Intuit)

Login at [member.virginpulse.com](http://member.virginpulse.com)

