



Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



Get Rewarded for Your Well-Being

With the **Virgin Pulse® Physical Activity Program** sponsored by:

Increasing your physical activity is one of the best ways to improve and maintain your well-being. Research shows that regular physical activity lowers the risk for many chronic conditions, including diabetes, heart disease, obesity, bone and joint problems, and some types of cancer.

The Virgin Pulse well-being program is designed to support your commitment to health and well-being—and you'll earn rewards along the way.

As an enrolled participant in Virgin Pulse, you will use an activity tracker and either a mobile app or computer to record your progress toward health and activity goals. Success will be measured in feeling better, having more energy, fewer inches and more rewards. You can track what is important to you.

With Virgin Pulse, the world is your workout!



Engage in the Program and Get Rewarded

Wear your activity tracker every day to count steps while you exercise or just go about your day. Sync or upload the activity tracker to earn points. Earn more points by using the mobile app or logging into your account on a computer to track healthy habits, complete daily cards and join challenges. The Virgin Pulse program is compatible with many popular trackers and mobile apps.

Some Easy Ways to Earn Virgin Pulse Points

Points	
Daily activities	
Earn 10 points for every 1,000 steps uploaded	Up to 140
Daily habit tracking	
Earn 20 for each card completed	Up to 40
Earn 10 points for tracking healthy habits	Up to 30
Monthly activities	
Join a friends' challenge	100
Self-entered measurements	100
Earn bonus points for consistency!	

To learn all the ways to earn Virgin Pulse Points, log in to Virgin Pulse. If you are using the app, select **“Rewards”** and then click **“Learn How to Earn More Points.”** If you are using the website, select **“My Rewards”** and then click **“Learn How to Earn Points.”**



Enrolling in Virgin Pulse

It's Easy to Enroll!

Sign up for Virgin Pulse and step up your commitment to well-being. The earlier you enroll and become active, the sooner you'll start earning rewards. Better yet, the faster you'll have more energy, lower health risks and greater vitality to focus on your mission, job and family.

Questions About Registration and Virgin Pulse Program?

- Visit wspath.org
- Call Virgin Pulse: **1-800-830-4312**

Participation in HealthFlex well-being programs is voluntary.

The IRS considers cash wellness incentives as taxable income—consult your tax adviser.

1. Visit join.virginpulse.com/wespath and select “Sign me up!” to enroll.
2. Read and accept the *Membership Agreement & Privacy Policy*, and click “Continue.”
3. Enter the required Personal Information. Then choose a password, and click “Continue.”
4. If you have a device, go to **Devices & Apps** located under the profile picture icon in the upper right-hand corner of the home page. Then select your brand of app or device to connect to Virgin Pulse.
5. If you need an activity tracker, click on the **Virgin Pulse Store** icon on the **Devices & Apps** page and order a Max Buzz at no cost. The full amount will be discounted at check out.
6. When your activity tracker arrives, activate it by following the instructions.
7. Start walking, running, dancing, playing, moving, etc. When worn properly, the activity tracker records every step on the road to well-being.
8. To use Virgin Pulse in the future, you can download the Virgin Pulse app or log in to your account at virginpulse.com/login.

Earn Rewards!

Key Information

Activity Journal—Track all of your activity—including sleep, nutrition, programs through Whil™, stretching, weightlifting and yoga—and earn additional points.

Points—Points are like frequent flyer miles—move and participate to accrue more Points, reach higher levels, and earn more Pulse Cash. Pulse Cash can be used to buy gift cards to major national retailers; used to purchase Virgin Pulse merchandise, including new activity trackers; deposited into your bank account; and donated to United Methodist Committee on Relief (UMCOR).

Virgin Pulse Website—Log in to your account at **virginpulse.com/login** to manage health and fitness information, track uploaded points, accrued rewards, health measurements (e.g., blood pressure, weight and body mass index) and the steps you take toward better health.

Virgin Pulse App—The Virgin Pulse app is easy to download to any mobile device. Use the app to sync your mobile device with your activity tracker for easy updates.

Resources

Resources to help support your well-being program and clergy health.



Wellness toolkits include education resources that can be shared
www.wespath.org/health-well-being/health-well-being-resources/physical-well-being



Newsletters are published quarterly by Wespeth
wespath.org/benefits/newsletter/



Deskercise videos
wespath.org/benefits/deskercise-videos/



Stretch break videos
wespath.org/benefits/stretch-break-videos/

For more information about the Virgin Pulse program or other Wespeth offerings, visit the Wespeth website at **wespath.org**

Virgin Pulse—the world is your workout!