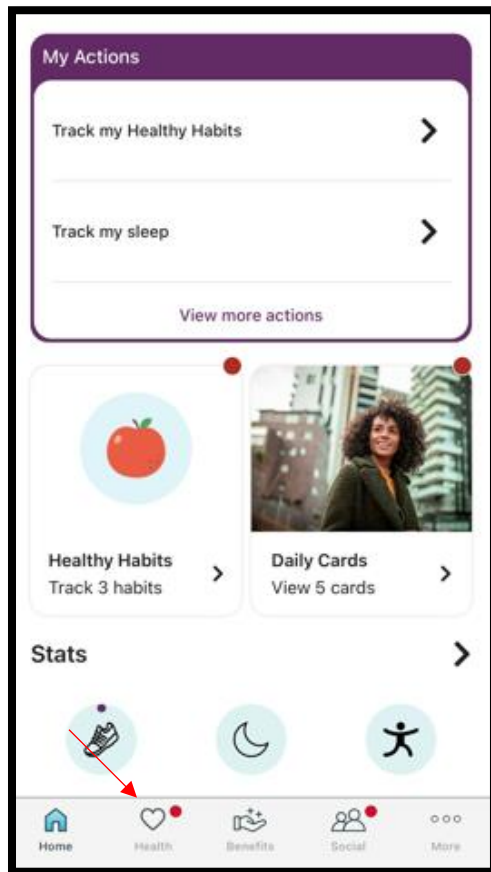


Instructions to Complete a Journey

1. Access Virgin Pulse via the website or app. To access the Virgin Pulse website, sign into your Select Health account, scroll to your Task List, and click the “Virgin Pulse Journey” box.
2. From the Main Page, click the “Health” tab.



3. Click the “Journeys” tab. There are over 50 Journeys to choose from and topics range from nutrition to exercise to mental health, etc. Find a topic that aligns with your goals.

Each Journey has 10 or more steps. You must complete all steps to receive credit.

