

LIVE BETTER EVERY DAY.

Take what matters most to you...add games, rewards, challenges, friends...wrap it up in the latest technology...and say hello to Virgin Pulse!

Learn more join.virginpulse.com/regions

How it Works

Getting more active, getting more sleep, eating nutritious foods – healthy behaviors like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great! The more healthy decisions you make, the more HealthMiles (points) you earn, the more rewards you get!

THE BASICS

- Start by making a commitment to healthier living.
- Use your Max pedometer and your personal Virgin Pulse account to keep track of all your healthy activities from moving more to drinking more water to getting more sleep. The more you do the more HealthMiles (points) you earn.
- Check in by taking health measurements like weight and blood pressure; earn HealthMiles for that, too.
- Take part in challenges, get support from co-workers and discover healthy tips, recipes and more!
- Get a little something to show for all the healthy things you do! Up to \$425 a year!

CLIP ON YOUR MAX AND...GO!



Your Max measures your daily activity in steps. Wear it clipped to your waistband or pocket for the most accurate results. It's easy, quick and helps you earn rewards.

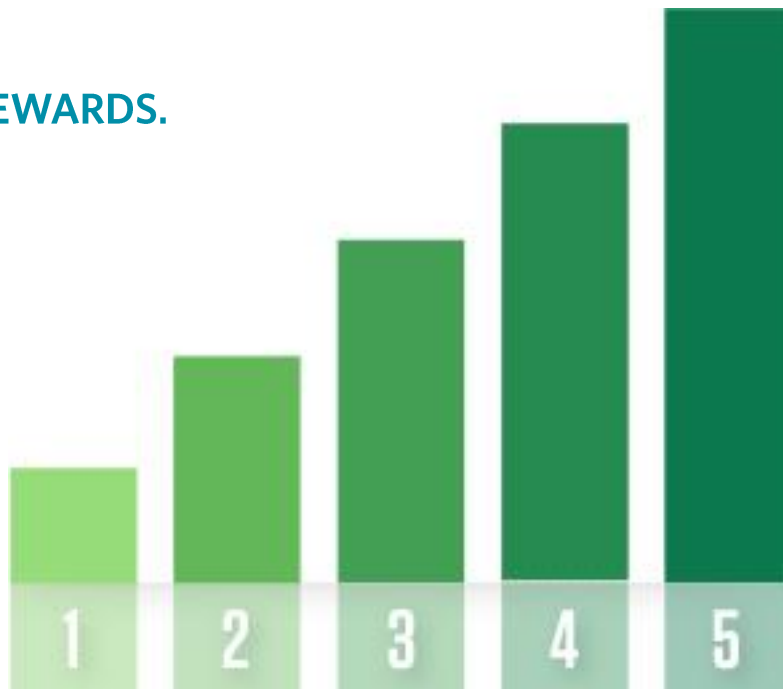


HOW TO EARN HEALTHMILES.

Make healthy decisions every day! The more you make, the more you earn. Check it out.

ACTIVITY up to 100 HealthMiles per day	Upload steps from your activity tracker	PER DAY	Up to 6,999 steps in a day or less than 15 Active minutes	20 HealthMiles
			7,000 - 11,999 steps or 15 – 29 Active Minutes	60 HealthMiles
			12,000 - 19,999 steps or 30 - 44 Active Minutes	80 HealthMiles
			20,000 or more steps or 45+ Active Minutes	100 HealthMiles
	Add entries to your Activity Journal	PER ENTRY	1 entry (max 2 per day)	10 HealthMiles
MEASUREMENTS	Self-enter measurements through your member account	PER MONTH	Self-enter your measurements (weight, blood pressure or body fat percentage)	50 HealthMiles
			Ideal or improved Body Mass Index	50 HealthMiles
			Ideal or improved blood pressure	50 HealthMiles
			Ideal or improved body fat percentage	50 HealthMiles
OTHER	Log in to your account	PER DAY	1 visit (max 2 per week)	10 HealthMiles
		PER YEAR	Declare yourself smoke-free	100 HealthMiles
			Create a challenge	500 HealthMiles
			Take the Health Snapshot questionnaire	1,000 HealthMiles

YOUR REWARDS.



Feeling great feels even greater when it comes with rewards, like \$425 from Regions.

POINTS EARNED	< 0-6,000 HealthMiles (points)	6,000-11,999	12,000-23,999	24,000-35,999	36,000+
REWARDS	\$0	\$60	\$90	\$125	\$150

You have 1 year from the date you join to earn as many HealthMiles as you can!

The Virgin Pulse program is offered as a healthy, fun benefit to Regions employees.
Join today: life@regions>HR>Wellness>Virgin Pulse Program

Questions? Contact Us

support@virginpulse.com
866-852-6898

