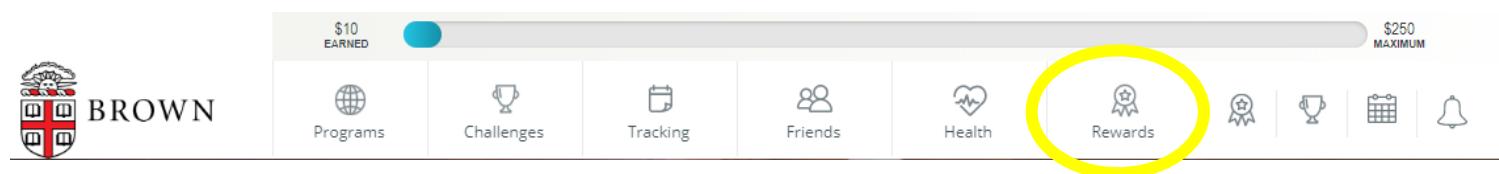


# Welcome to the Virgin Pulse Wellness Portal!

If you are new to the Portal, you may feel a bit overwhelmed by all the tools, resources, and options now available to you. Virgin Pulse boasts a suite of comprehensive wellbeing tools that can assist you as you work toward your wellness goals. **If you are navigating through the portal to manage your 2020 Wellness Rewards, the information below will help you get started.**



## Where do I go to get started?

Select the **Rewards** option from the top menu bar. This will bring you straight to the Wellness Rewards task list. As you review the tasks, keep in mind that the tasks total \$325, but the maximum Reward is \$250, so you do not need to complete all the tasks. Simply pick those which work best for you. You must accrue at least \$150 to earn a Reward.

## I see nutrition tools, yoga courses, and meditation exercises. Are these all part of Wellness Rewards?

**No.** The Virgin Pulse portal offers an array of tools and resources to assist individuals as they work toward their wellbeing goals, but not everything in the portal is related to the Brown incentive program. The list below should help you sort out which tools are part of the incentive program and which tools are there solely to support your wellbeing.



**These are helpful portal tools, AND are Wellness Rewards eligible**

- **Personal Health Assessment** (Located on the Programs page)
- **RedBrick Journeys** (Located on the top menu bar, under "Health")
- **Promoted Healthy Habit Challenges** (Virgin Pulse selects one "Promoted Healthy Habit Challenge" each month that counts toward Wellness Rewards.)
- **Destination Steps Challenges** (These are 30 day steps challenges open to all faculty/staff. Typically 2 or 3 Destination Steps Challenges will be offered each year.)



**These are helpful portal tools, but are NOT part of Wellness Rewards**

- **Whil Mindfulness and Yoga**
- **Zipongo Nutrition Database**
- **Healthy Habit Challenges** (Virgin Pulse selects one "Promoted Healthy Habit Challenge" each month that counts toward Wellness Rewards. There is a robust menu of additional Healthy Habit Challenges there just to assist toward your wellness goals.)
- **Steps Challenges created by coworkers** (Virgin Pulse knows a little competition can go a long way to staying motivated, so you always have the option of creating a steps challenge, though these individual challenges are NOT part of Wellness Rewards).