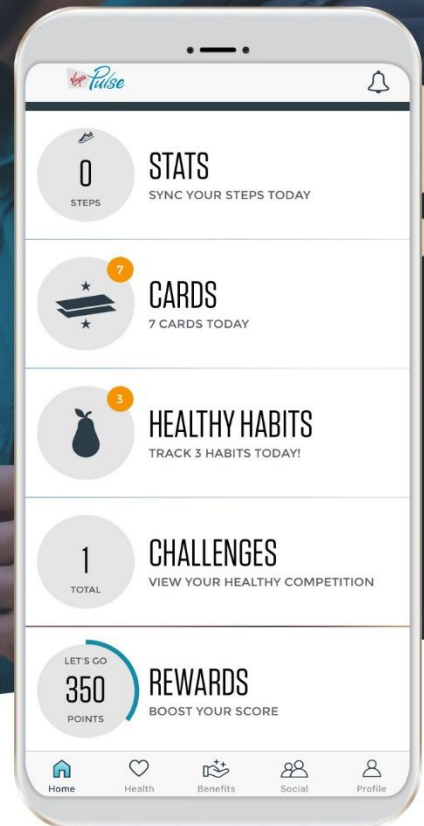


# Virgin Pulse's mobile app

Keep on trackin',  
no matter where you are.



The fun doesn't stop when you leave work. Keep challenging your coworkers (and yourself) to get healthier, whether you're at home, headed to the gym, or between meetings. Our mobile app has all the same, great features as the website — and even more convenience.

Get the **free** mobile app today from the App Store or on Google Play.



Virgin Pulse's mobile app puts the best features of the Virgin Pulse program right in the palm of your hand. Access your account anywhere, anytime, and keep track of your progress and rewards. Turn on your mobile alerts so you don't miss out on fun challenges and other opportunities.

Go to your phone's **Settings** and find **Virgin Pulse** in your installed apps. Go to **Notifications** > **Allow/Show Notifications**.

## Use the free mobile app to:

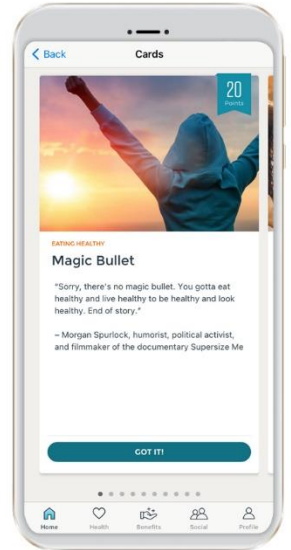
### Track progress

- Track your steps and other activities.
- Check your progress and milestones.
- See your rewards.
- Track Healthy Habits.



### Get healthy tips from cards

Read, complete, and share your Daily Cards to explore new ways to get healthier — and earn rewards!



### Compete in challenges

Check your progress in a challenge by using team and individual leaderboards.



### Sync\* your steps

- Automatically sync information from your fitness tracker to your app — and earn even more!
- No fitness tracker? Use the app to track your steps and get rewarded.
- You can also sync your activity using other compatible devices and apps.



*\*Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place.*

