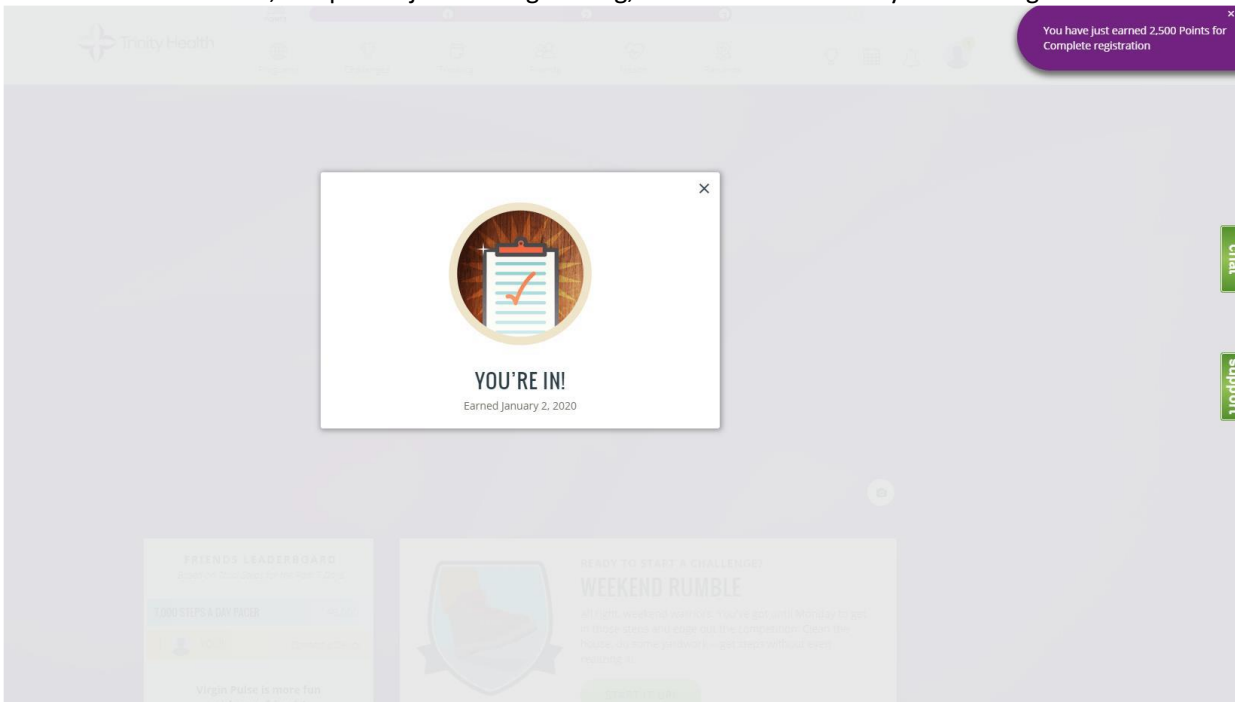
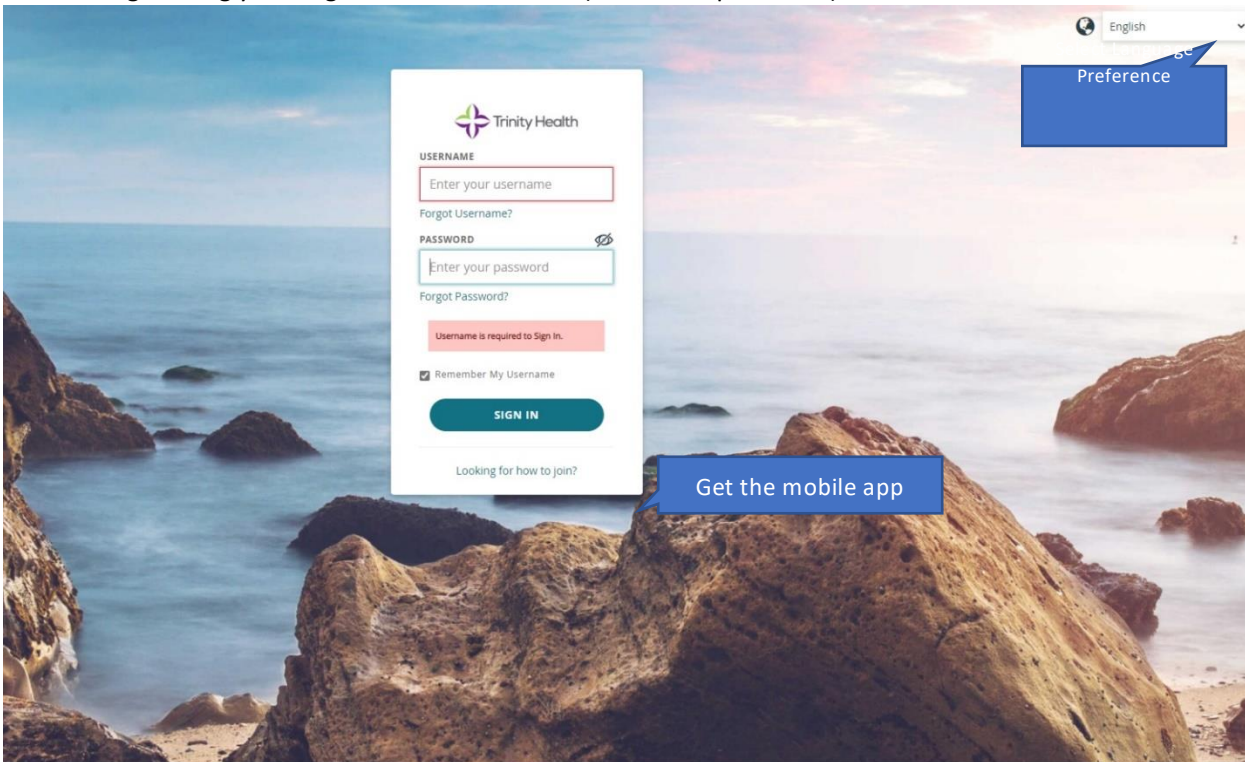


1. Register for the Virgin Pulse and Trinity Health Wellness Portal: [join.virginpulse.com/liveyourwholelife](https://join.virginpulse.com/liveyourwholelife)
  - a. Earn 2,500 points just for registering, see this screen after your first login!

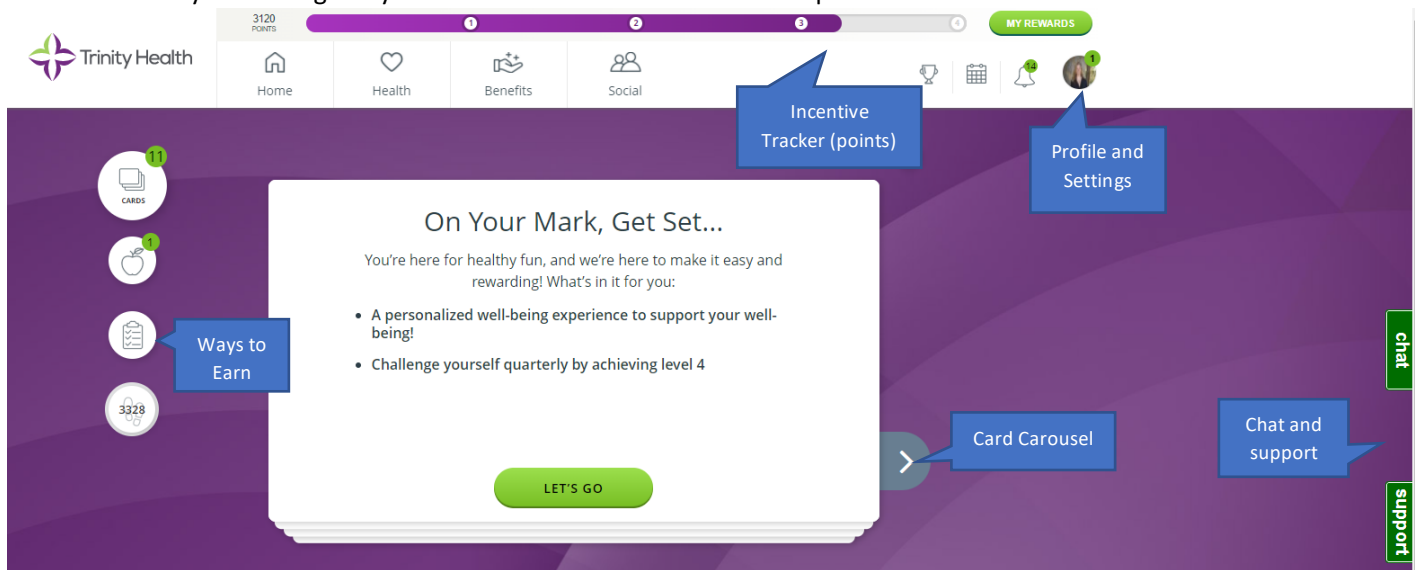


2. Login using your registration credentials (email and password)

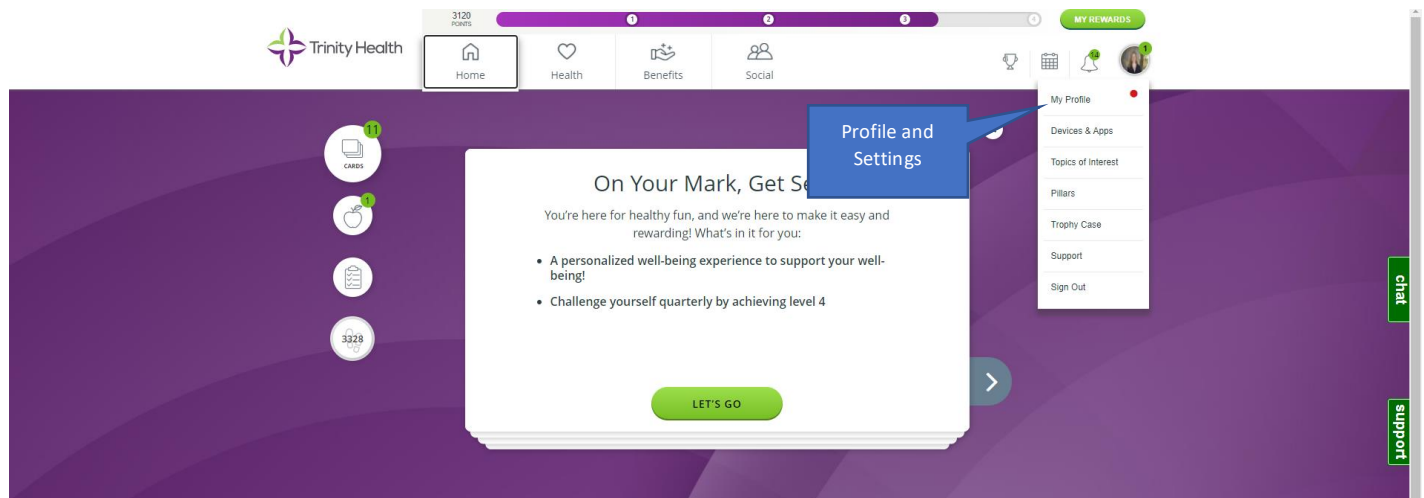


3. Check out the main home page
  - a. Top bar is the incentive tracker (points total)
    - i. Goal is 5,000 points every quarter
    - ii. Points reset every quarter
  - b. Chat and support are always available to help you

- c. Use daily card carousel to read announcements, see highlighted items and to help you earn points
- d. Ways to earn gives you a list of activities that are worth points



4. Update your profile and settings (include language setting)



## ACCOUNT SETTINGS

Edit 

Email: **1212@trinityhealthdemo.com**

Cell Phone Number:

Home Phone Number:

Language Preference: **English**

Update your language preference (my profile) by clicking edits and selecting from the dropdown of available languages

Country: **United States**

Timezone Preference: **(GMT-07:00) Mountain Time (US & Canada)**

Show Timezone Notification: **No**

Measurement Preference: **US system of measurement**


Gender: **Male**

## EMAIL PREFERENCES

Get email updates from Virgin Pulse to help you reach your health and wellness goals. Don't worry; you can always come back here to make a change or unsubscribe.

Getting Started: 

Friend Invites: 

Social Groups: 

Personal Challenges: 

Company Challenges: 

Survey Reminders: 

Company Updates: 

Program Updates: 

My Care Checklist: 

Update your email preferences (my profile)

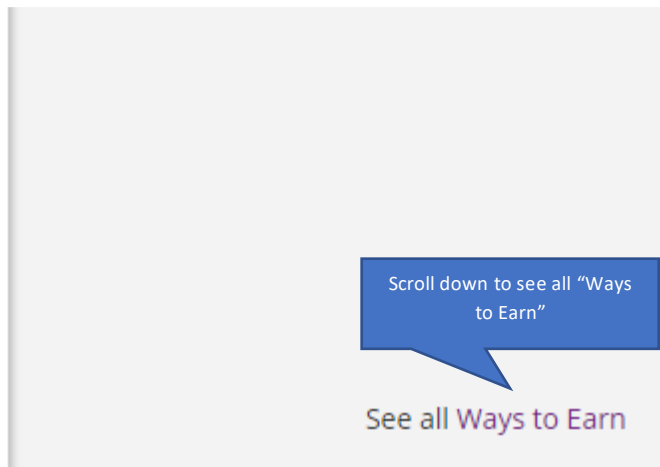
5. Get familiar with "Ways to Earn"

The screenshot displays a mobile application interface with a purple sidebar on the left and a main content area on the right. The sidebar contains a 'Back to Home' button, an apple icon with a '1' badge, a 'WAYS TO EARN' button with a checklist icon, and a circular progress indicator showing '3328'. A blue callout box points to the 'WAYS TO EARN' button with the text: 'Click "Ways to Earn" here or under "Rewards" to see all earning activities'. The main content area is divided into two sections: 'Up Next (19)' and 'Completed Today (3)'. The 'Up Next' section lists 19 activities with their respective point values and frequencies. The 'Completed Today' section lists 3 achievements, each marked with a green checkmark.

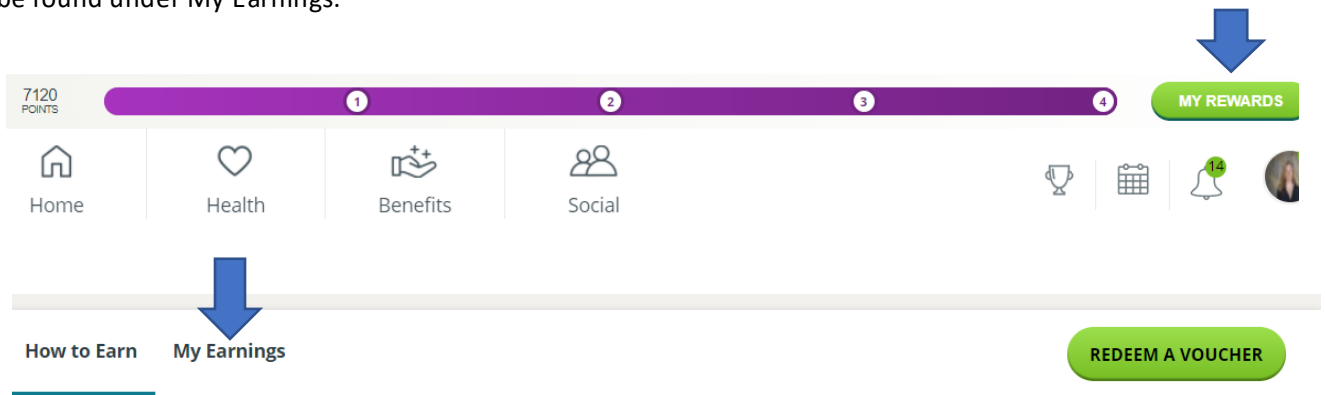
Activity	Points
Take 7,000 steps in a day DAILY	70
Workout for 15 mins in a day DAILY	70
Workout for 30 mins in a day DAILY	100
Workout for 45 mins in a day DAILY	140
15 active minutes in a day DAILY	70
30 active minutes in a day DAILY	100
45 active minutes in a day DAILY	140
Do your daily cards DAILY	20
Invite a colleague to join ANNUALLY	50
Set a wellbeing goal PROGRAM	1,250
Self entered measurements MONTHLY	50
Browse healthy recipes DAILY	10
Daily calorie tracking DAILY	20
Favorite a recipe WEEKLY	10

Achievement	Status
Track sleep nightly	✓
Sleep > 7 hours in a night	✓
Track your healthy habits	✓

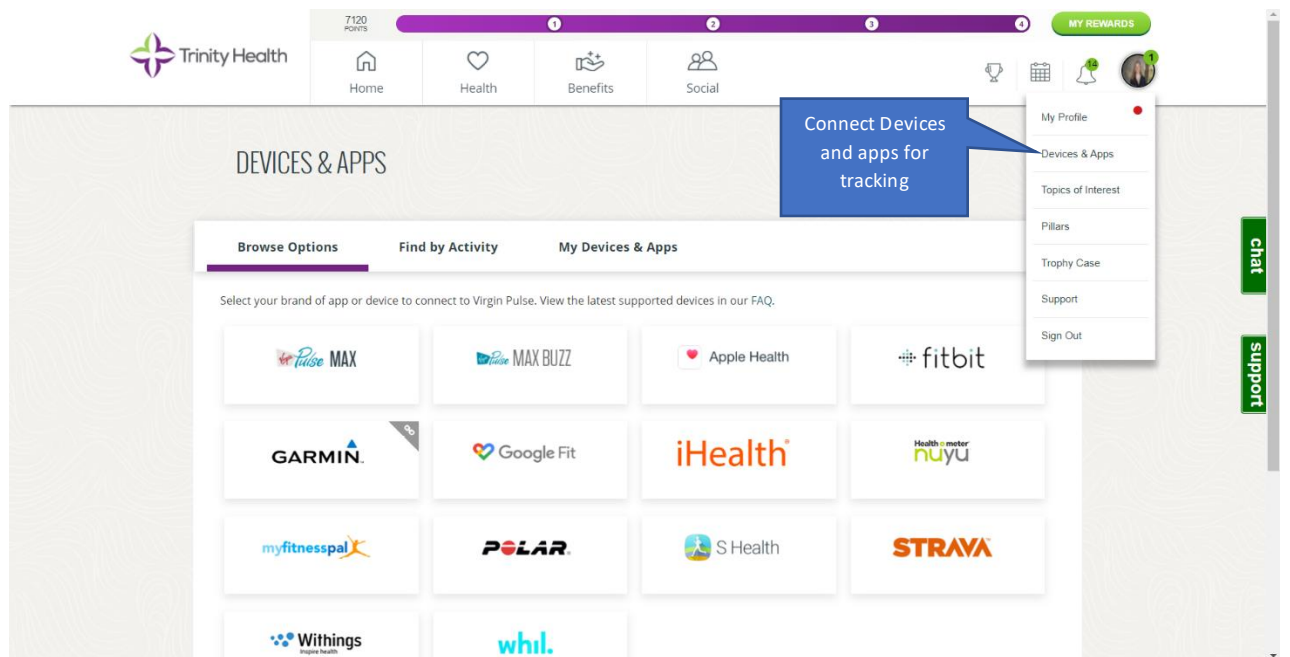
Track sleep nightly DAILY	20 Points
Sleep > 7 hours in a night DAILY	50 Points
Complete the Health Assessment PROGRAM	2,500 Points



- a. Redeem Vouchers from the Colleague Health & Well-Being department (onsite activities and webinars) by clicking My Rewards>Redeem a Voucher. Also click on My Rewards to view details of your incentive status. More details can be found under My Earnings.



- i. Vouchers are applied whenever they are put into your account. Use this strategically to help you earn points when you need them.



6. Explore the Rest of the portal and or download the mobile app
7. Check the Corporate Health & Well-Being department website for Onsite activities including health coaching, local workshops, webinars And more ways to Live Your Whole Life!  
Visit: [Live Your Whole Life | Saint Alphonsus Employee Wellness](#) for more information



EMAIL OR USERNAME

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PASSWORD 

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SIGN IN

[Create Account](#) | [Forgot Password?](#)[Forgot Username?](#)