

# VIRGIN PULSE QUICK STEP GUIDE TO SUCCESS

## TO REGISTER

[Join.virginpulse.com/MEABT](https://join.virginpulse.com/MEABT) (be sure to copy the full link and include /MEABT)

Fill in your name as it appears on your Anthem insurance card.

## TO LOG IN AFTER REGISTERING

[Member.virginpulse.com](https://Member.virginpulse.com) (save as a favorite for easy access if using a computer)

There is also a free Virgin Pulse app you can download if you are using a smart phone. Just search "Virgin Pulse" in the app store.

## TRACKING ACTIVITY WITHOUT A DEVICE (MANUALLY ON YOUR PC)

You can enter steps and activity manually if you are not using a device. To do so, following the directions below:

1. Log in to Virgin Pulse: [member.virginpulse.com](https://member.virginpulse.com)
2. Home tab > Stats
3. Click on the orange circle with the plus sign to log steps or log a workout.
4. If logging a workout, browse or search the activity options. Don't see yours? Find one that is most like the activity you did. Enter in the minutes spent doing the activity.
5. Click 'save' when done.

Note: You can go back 14 days to enter in this information and still receive points.

## HOW TO CONNECT A DEVICE (APPLE, FITBIT, GARMIN, MAX BUZZ, ETC.)

1. Log in to Virgin Pulse: [member.virginpulse.com](https://member.virginpulse.com)
2. Hover over your profile picture in the upper right-hand corner.
3. Go down to 'Devices & Apps'
4. Click on the device or app you would like to connect. You will need your log in information for the device or app you are connecting to.
5. Click connect, then use your log in information for that device or app.

You will know your device or app is connected when you see the link in the corner. If you are still not sure if your device is connected, you can also click on 'My Devices & Apps'.

## SLEEP

1. Health tab > Sleep Guide
2. If you are tracking your sleep manually, click on the + to log hours slept.

3. Enter the information and click 'Track it!'

Note: You can go back 14 days to enter in this information and still receive points.

**Bonus:** Get extra points quarterly by setting up your sleep guide. Click 'Change My Profile' at the top of the Sleep Guide page and follow the prompts.

## HEALTHY HABITS

Small steps lead to big changes. Earn points for tracking 3 habits per day (10 points each).

1. Home tab > Healthy Habits

Check out the bar across the top to see **My Healthy Habits**, habits that are **Recommended For You** and **Browse All** the healthy habits by topic to find ones that are meaningful to you.

Note: You can go back 14 days to enter in this information and still receive points.


## DAILY CARDS

Earn points daily for logging in and reading the 2 cards provided (20 points each). These are found on the homepage.

Setting your interests allows you to have a customized experience when you log in to read your daily cards but is not required. If you would like to do this, follow the steps below:

1. Hover over your profile picture in the upper right-hand corner.
2. Click on 'Topics of Interest'.
3. A pop up will show you the interests you can choose from. It starts with suggested topics then breaks it down by category. Select a few that you would like to learn more about.
4. Then click 'done'.

## WHAT YOU CAN EARN EACH QUARTER:



	Level 1	Level 2	Level 3	Level 4	Total
<b>Points</b>	2,000	5,000	14,000	20,000	20,000
<b>Rewards</b>	\$5 Pulse Cash	\$10 Pulse Cash	\$20 Pulse Cash	\$27.50 Pulse Cash	\$62.50 Pulse Cash

**Up to \$250 after 4 quarters**

Participants can earn \$62.50 a quarter and up to \$250 after completing 4 quarters.

Points reset each quarter, but money earned will continue to roll over until you're ready to spend it.

## QUESTIONS? PLEASE CONTACT MEMBER SERVICES

Phone: 855-689-6884

Email: meabt.support@virginpulse.com