



Earn Virgin Pulse Points when you complete a Journey.

Journeys

Choose your path to better wellbeing.

When it comes to improving your health, small steps can lead to big things. With Journeys®, you'll get small, achievable steps that allow you to "try on" and build healthy habits that stick.

Whether you're looking to improve your eating habits, move more, sleep better or manage a health condition, our digital coaching tool can help, and is just a click away.

Not a member yet?

Don't miss out on all the fun! Get started today by going to join.virginpulse.com/Summit.

Visit join.virginpulse.com/Summit, go to the **Health** tab and select **Journeys**, or scan the QR code to open in your app.



How to get started

Step 1

Open the Virgin Pulse mobile app or go to the website and find **Journeys** in the **Health** menu.

Step 2

Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.

Step 3

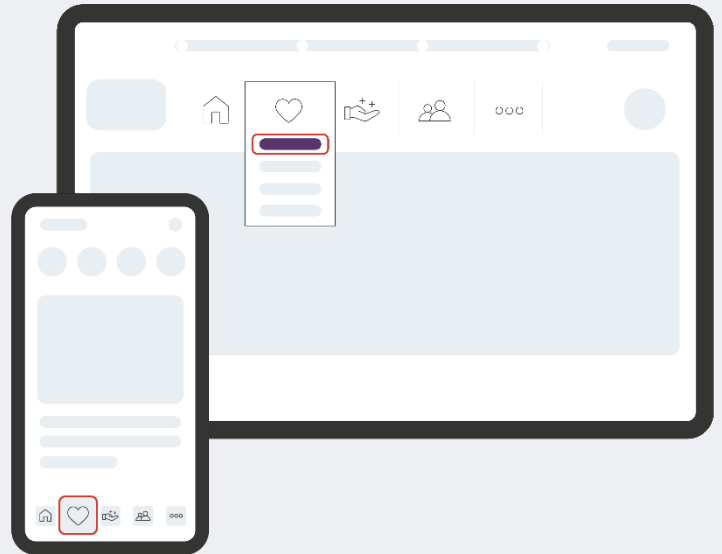
Click on the Journey you would like to learn more about. Click **Start** to begin your Journey.

Journeys can help you:

- Quit smoking
- Reduce stress
- Strengthen your financial fitness
- Embrace diversity, equity and inclusion
- Cope with grief and loss
- Reduce your alcohol and/or tobacco consumption

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com



Do you have a new health concern that impacts your daily wellbeing? Journeys can help you manage:

Heart Health
Lung Health
Mental Health
Women's Health
Back, Muscle & Joint Health

