



Earn  
Virgin Pulse Points  
for your first  
login to the  
mobile app.

# Mobile app

## Keep on tracking, 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.

### Have questions? We're here to help.

- Check out [support.virginpulse.com](https://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](mailto:support@virginpulse.com)

### Download the app to get started



You can sign in with  
your existing username  
and password or select  
**Create Account.**



## With the Virgin Pulse app you can:

### Get healthy tips

Complete your Daily Cards and explore new ways to eat better and improve your sleep with the Nutrition Guide and Sleep Guide. Try Journeys® to take small steps that lead to healthy habits.

### Compete in challenges

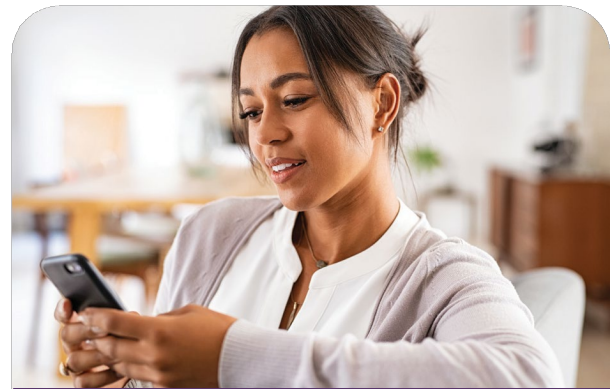
Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

### Track your progress

- Record your steps and other activities.
- Check your status and milestones.
- Track your Healthy Habits.

### Sync your activity

Automatically sync information from another device or app to your Virgin Pulse app—and earn even more!



### Don't miss out!

To get the most out of your mobile experience, **go to your phone's settings and turn on notifications** for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.



Syncing is the simple process of uploading information from an activity tracker to the mobile app, so it's all in one place. **Be sure to sign in to your Virgin Pulse app at least once every 14 days so your data syncs and counts toward your activity goals.**

## Connect a device or app

Download the Virgin Pulse app, then follow these easy steps:

