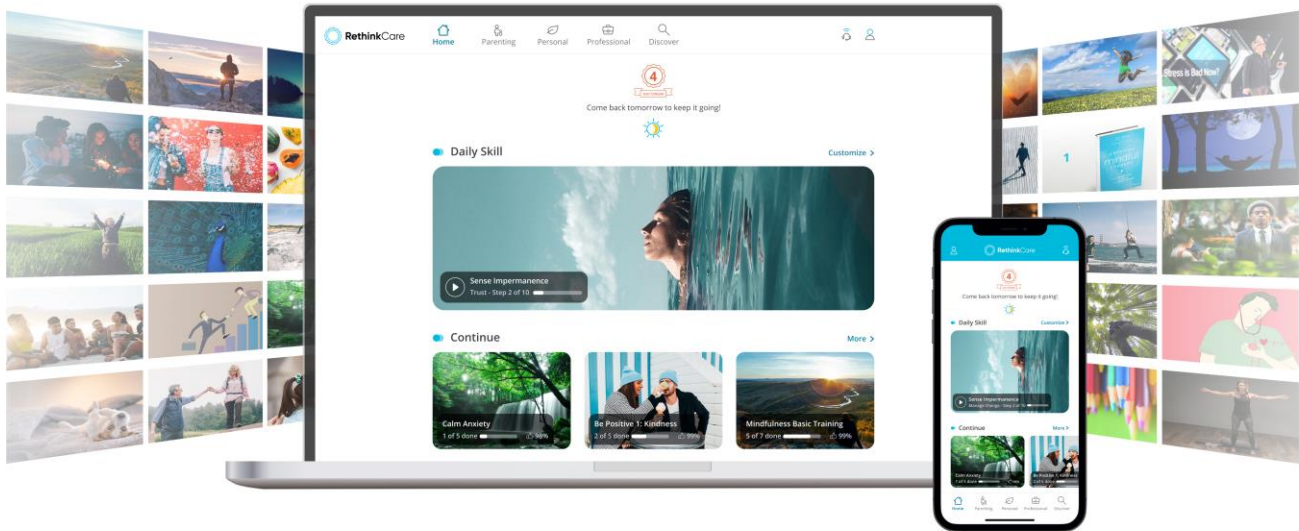


We're so happy you're here!



 120+ Countries

 15 Training Areas

 185 Mini-Courses

 5,500+ Sessions, Tips & Resources

RethinkCare is the leading digital behavioral health training platform for busy professionals and their families. Our mission is to teach you daily mindfulness, resilience, and relationship skills to be more engaged at work and in life.

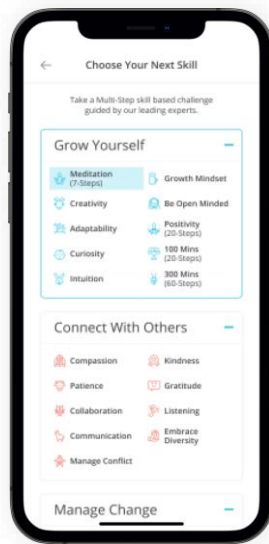
In just 5 minutes a day, you'll, learn to reduce stress and anxiety, improve relationships, sleep better, and boost your physical and emotional health.

You'll enjoy RethinkCare's extensive catalog of goal-based training, including:

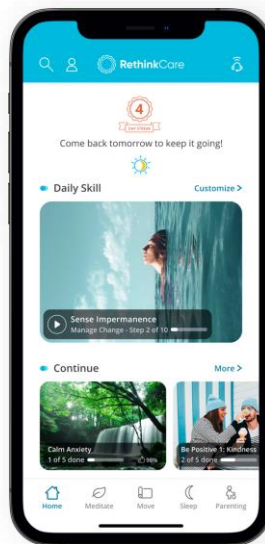
- 9 languages
- 15 training areas
- 185 mini-courses
- 85+ expert trainers
- 1,200+ video & audio sessions
- 4,200+ tips, articles & exercises

Train practical, repeatable skills through micro-learning.

Three ways to get the most out of your RethinkCare membership:



1. Choose your next skill.



2. Enjoy a daily session.



3. Try a mini-course.

Try Some of our Most Popular Mini-Courses

- Mindfulness Basic Training
- Calm Anxiety
- Cultivate Healthy Thoughts
- Yoga Basics
- Improve Your Day
- Ease Into Sleep
- Visit the “Reduce Stress and Anxiety” collection for targeted courses in breaking bad habits, managing guilt and shame, and more.

Access RethinkCare in 4 easy steps:

1. Create your Virgin Pulse account at join.virginpulse.com/summit
2. Navigate to the Benefits tab and click “View All”
3. Locate your RethinkCare Benefit Page
4. Click Start Now to access RethinkCare’s resources and tools

Don't forget to download the Virgin Pulse app to take RethinkCare with you wherever you go!





Earn Virgin Pulse Points
when you complete a
RethinkCare session.



Mindfulness training

**Breathe easy with expert video
and audio sessions**

Train your mind to manage stress, stay positive
and thrive at work and at home. RethinkCare
helps you and your family live better than ever.

Learn more:

Visit join.virginpulse.com/Summit
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