

How to connect and earn points with Zipongo.

Step 1

Download the Zipongo app from your app store (App Store for Apple or Play Store for Google). Search for **Zipongo**, and click the **Get/Install** button to download to your phone.

OR

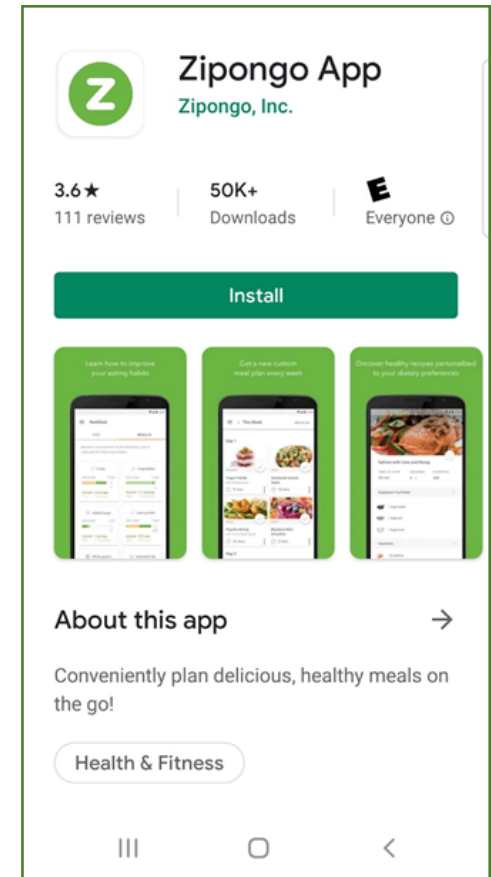
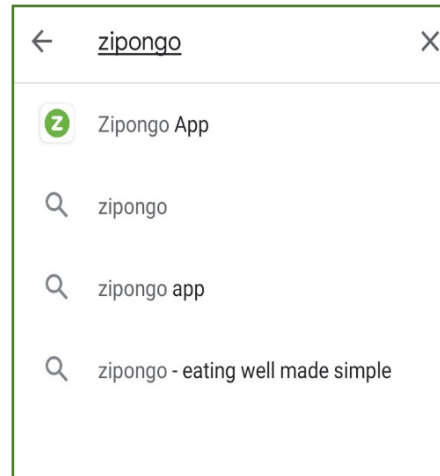
Go to **Zipongo.com**



Apple



Google

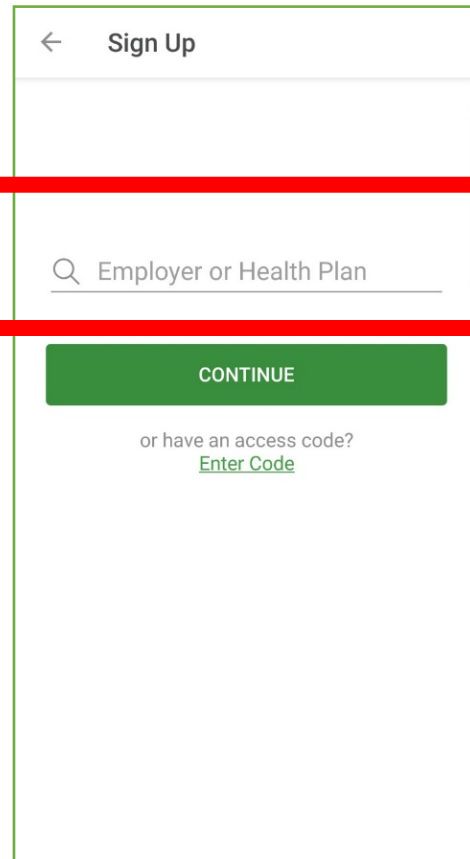


Step 2

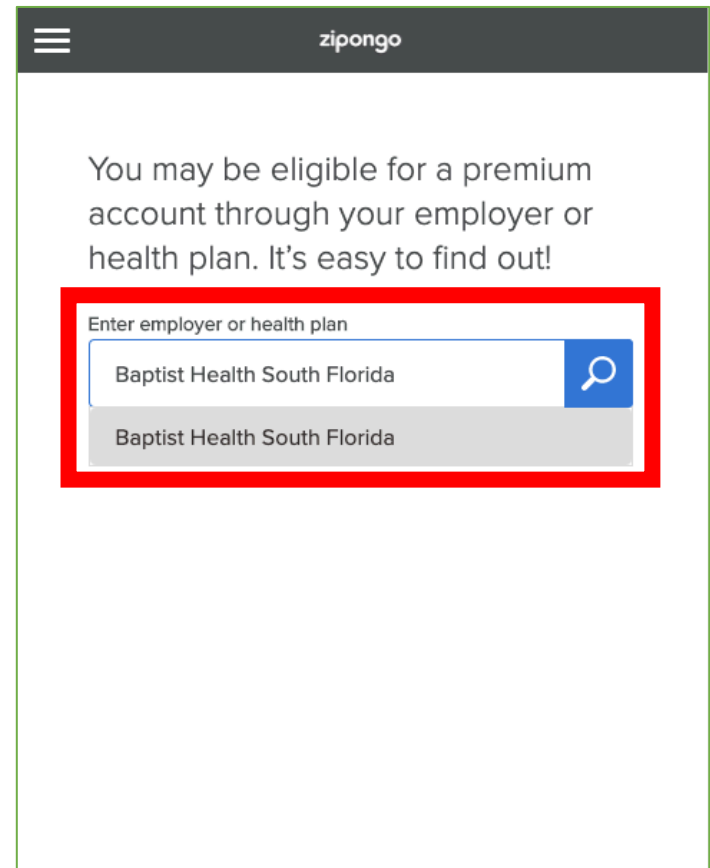
Open the app, or if you are on the browser, click **Sign In/Sign Up**.

Step 3

You will be asked to enter Employer or Health Plan, enter **Baptist Health South Florida** on this field, and select the company name from the drop down menu that will populate.

A screenshot of the mobile app's "Sign Up" screen. At the top, there is a back arrow and the text "Sign Up". Below this is a search input field with a magnifying glass icon and the placeholder text "Employer or Health Plan". A red rectangular box highlights this search field. Below the search field is a green "CONTINUE" button. At the bottom, there is a link that says "or have an access code? Enter Code".

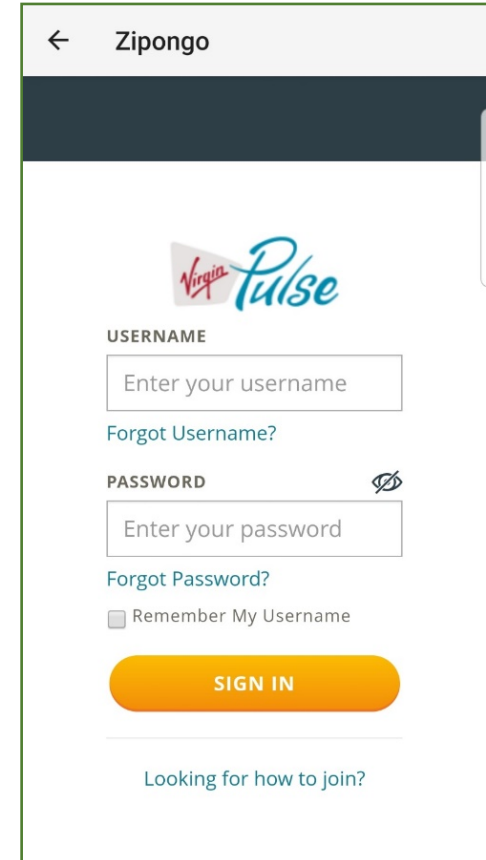
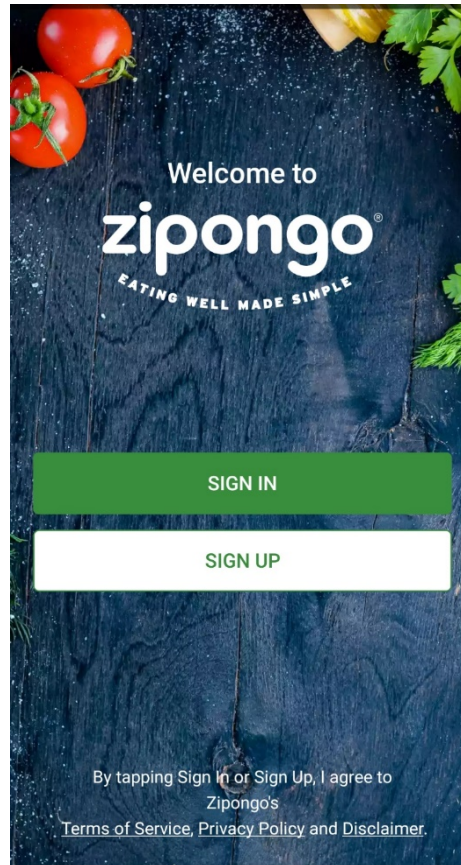
APP

A screenshot of the web browser's sign-up page. At the top, there is a hamburger menu icon and the text "zipongo". Below this is a heading that says "You may be eligible for a premium account through your employer or health plan. It's easy to find out!". Below the heading is a search input field with the placeholder text "Enter employer or health plan". A red rectangular box highlights this search field. Below the search field is a dropdown menu with the text "Baptist Health South Florida" and a blue search icon. Below the dropdown menu is a list of search results, with the first result being "Baptist Health South Florida".

WEB

Step 4

Click **Sign In/Sign Up**. This action will take you to a window where you will be asked to log in to your Virgin Pulse account. Enter your Virgin Pulse log in credentials and click **Sign In**.

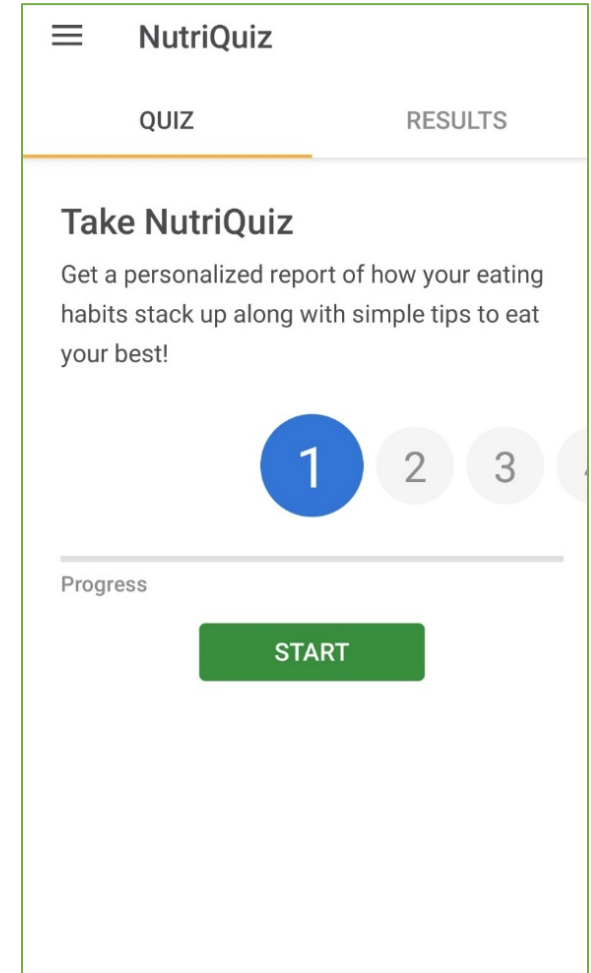
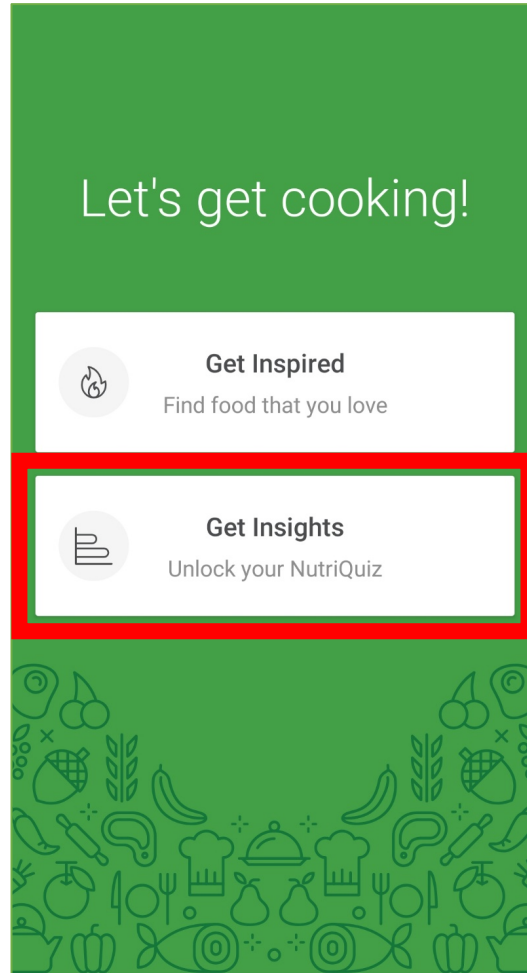


Step 5

You are now inside Zipongo and can start earning points (see steps 7-10 on this guide).

Step 6

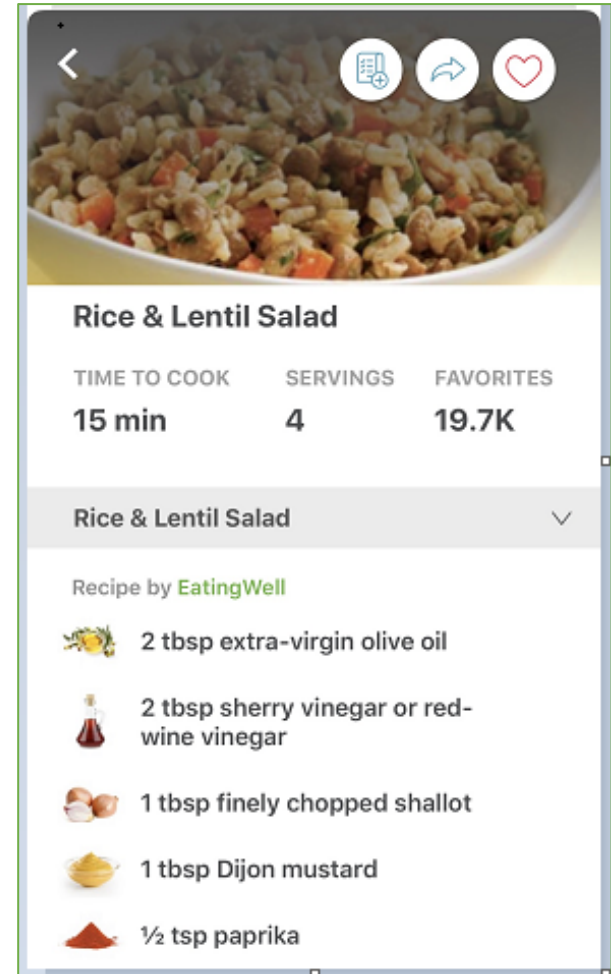
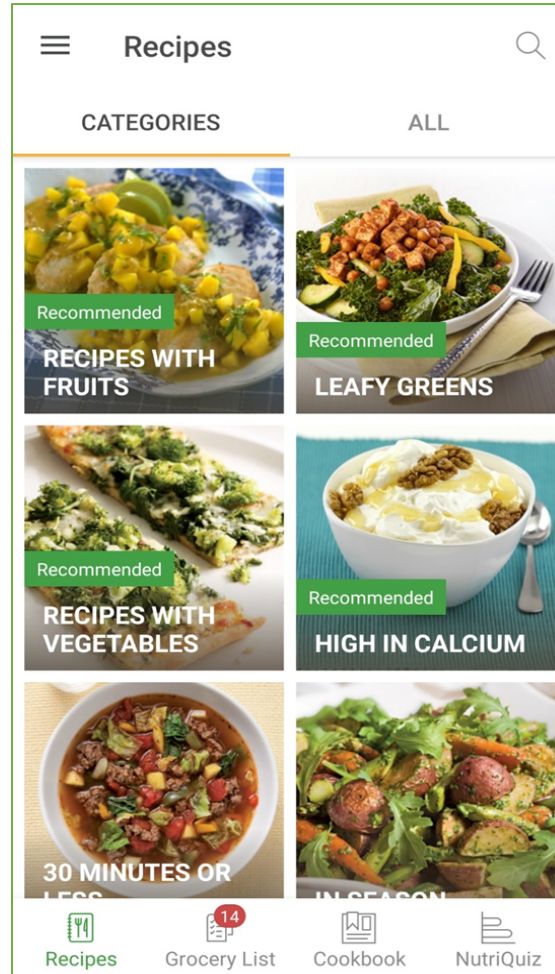
Click **Get Insights** to take a NutriQuiz (no points associated with this action).



Step 7
Browse Healthy Recipes
 10 points daily

Click on a category of foods to browse, then open a recipe of interest to earn points.

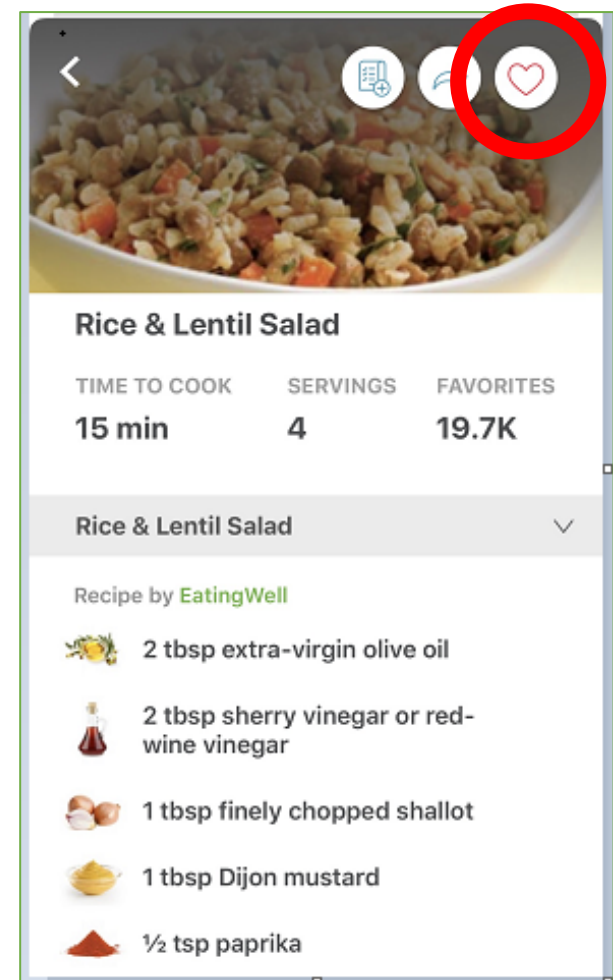
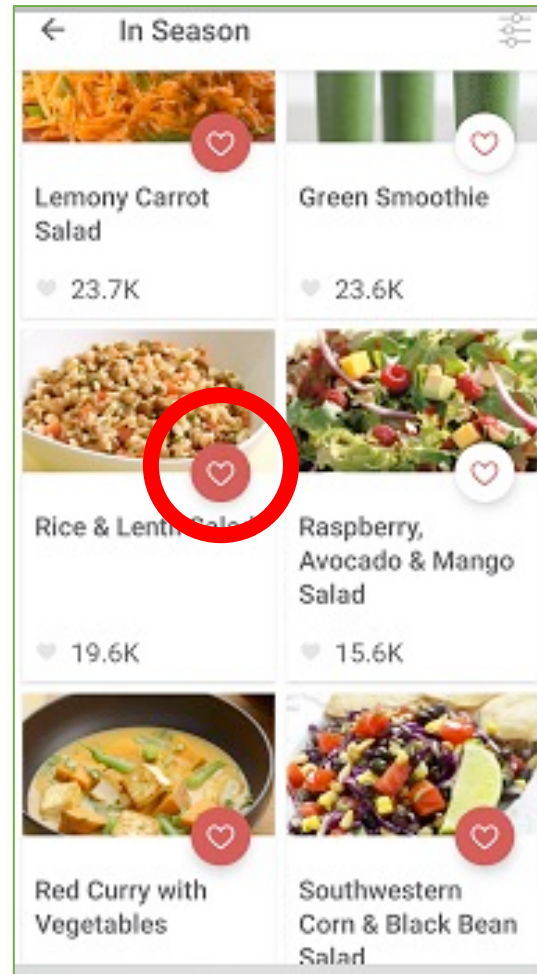
Browse the ingredients and steps. Will you be making this for dinner?



Step 8 Favorite a Recipe 10 points weekly

You can Favorite a Recipe by clicking the **heart icon**.

You can do this action every day, but will only earn 10 points once a week.



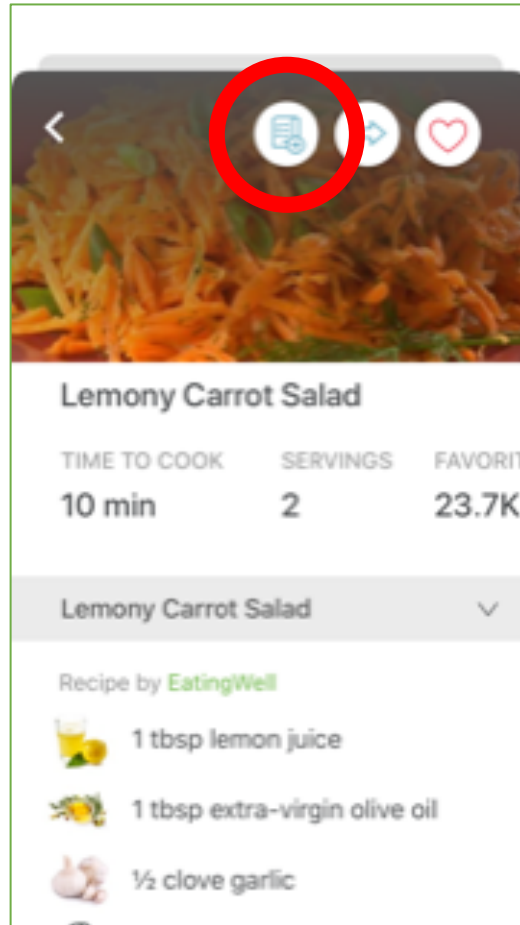
Step 9

Add Recipe/Ingredients to Grocery List

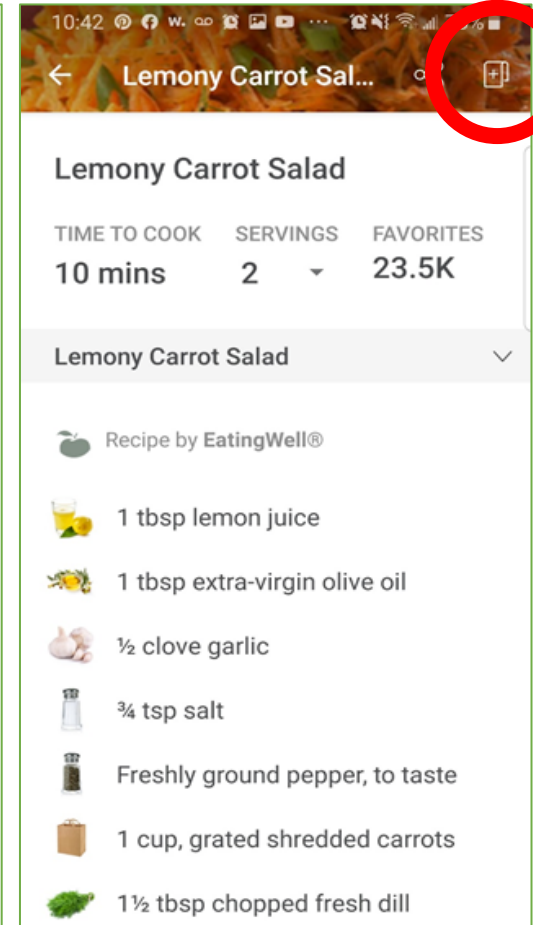
10 points weekly

Click on a recipe to view, and then click on the **grocery list icon**.

APPLE



ANDROID

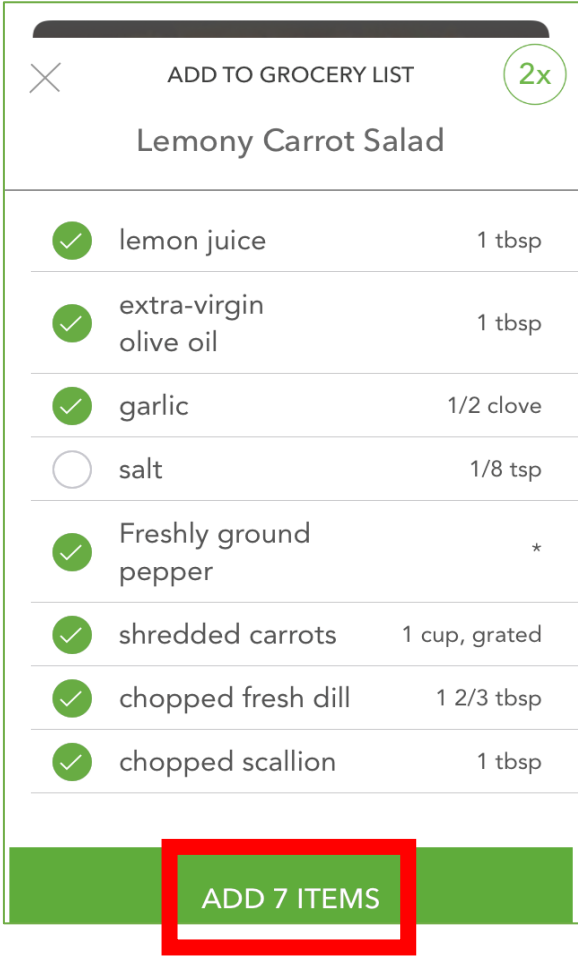


Step 9 continued

Check/uncheck the ingredients you want to add to your grocery list and click **Add Items** or **OK**.

You can do this action every day, but will only earn 10 points once a week.

APPLE



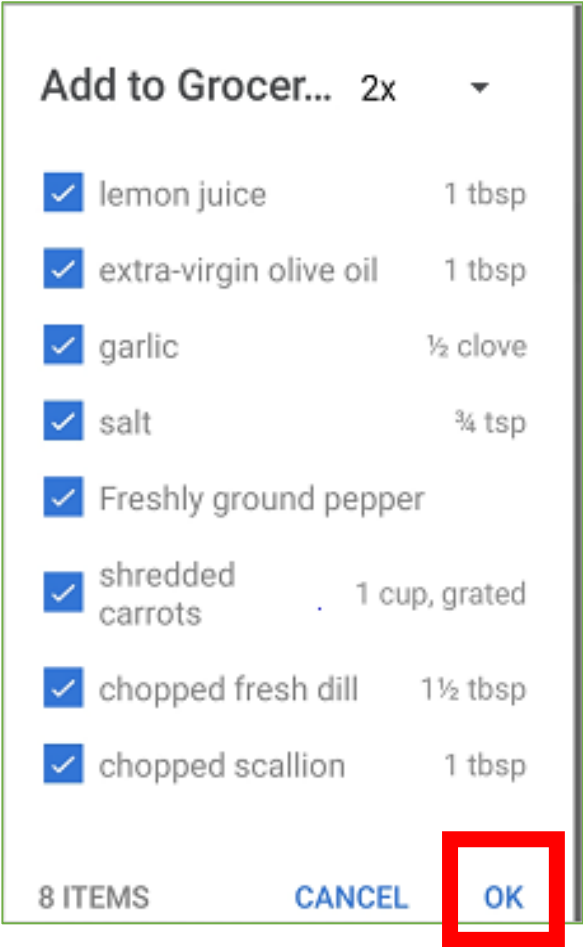
ADD TO GROCERY LIST 2x

Lemony Carrot Salad

<input checked="" type="checkbox"/>	lemon juice	1 tbsp
<input checked="" type="checkbox"/>	extra-virgin olive oil	1 tbsp
<input checked="" type="checkbox"/>	garlic	1/2 clove
<input type="checkbox"/>	salt	1/8 tsp
<input checked="" type="checkbox"/>	Freshly ground pepper	*
<input checked="" type="checkbox"/>	shredded carrots	1 cup, grated
<input checked="" type="checkbox"/>	chopped fresh dill	1 2/3 tbsp
<input checked="" type="checkbox"/>	chopped scallion	1 tbsp

ADD 7 ITEMS

ANDROID



Add to Grocer... 2x

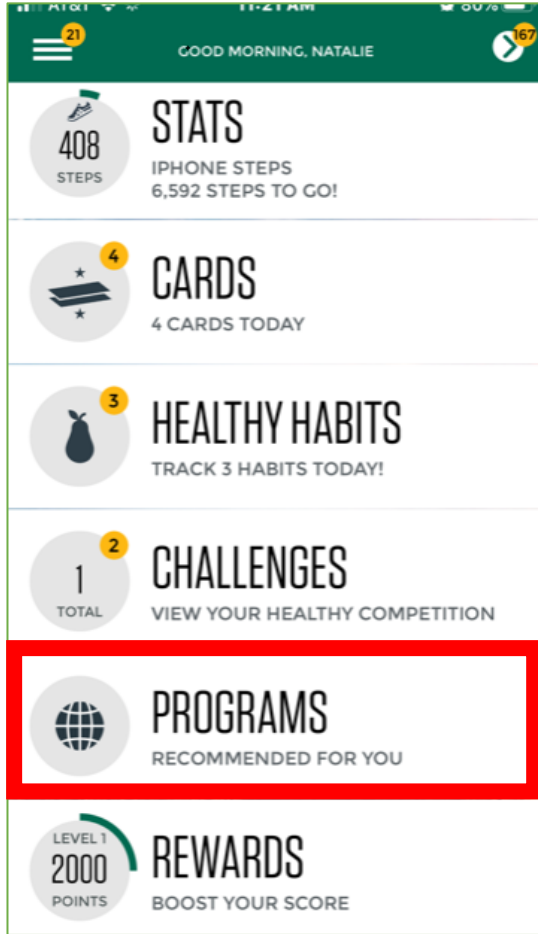
<input checked="" type="checkbox"/>	lemon juice	1 tbsp
<input checked="" type="checkbox"/>	extra-virgin olive oil	1 tbsp
<input checked="" type="checkbox"/>	garlic	1/2 clove
<input checked="" type="checkbox"/>	salt	1/8 tsp
<input checked="" type="checkbox"/>	Freshly ground pepper	
<input checked="" type="checkbox"/>	shredded carrots	1 cup, grated
<input checked="" type="checkbox"/>	chopped fresh dill	1 1/2 tbsp
<input checked="" type="checkbox"/>	chopped scallion	1 tbsp

8 ITEMS CANCEL OK

Step 10
Choose Your Eating Type
250 points quarterly

On the Virgin Pulse app go to **Programs**

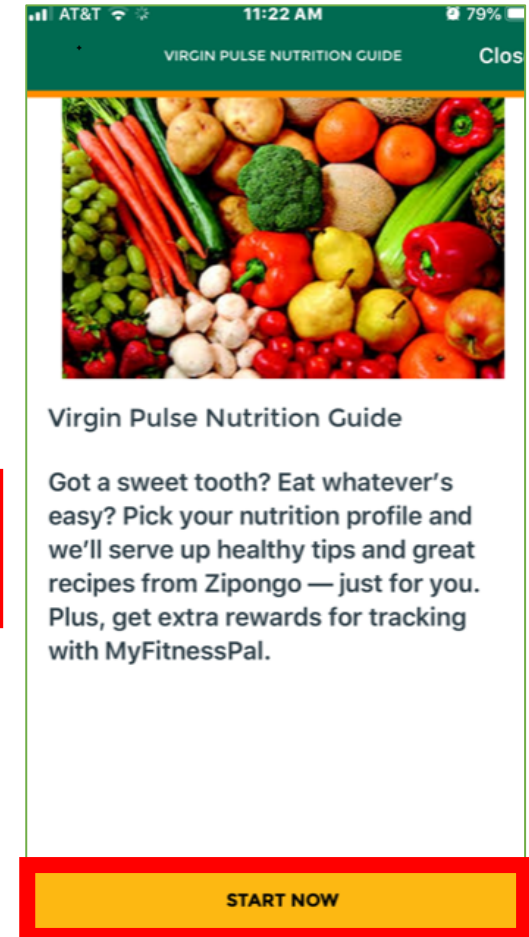
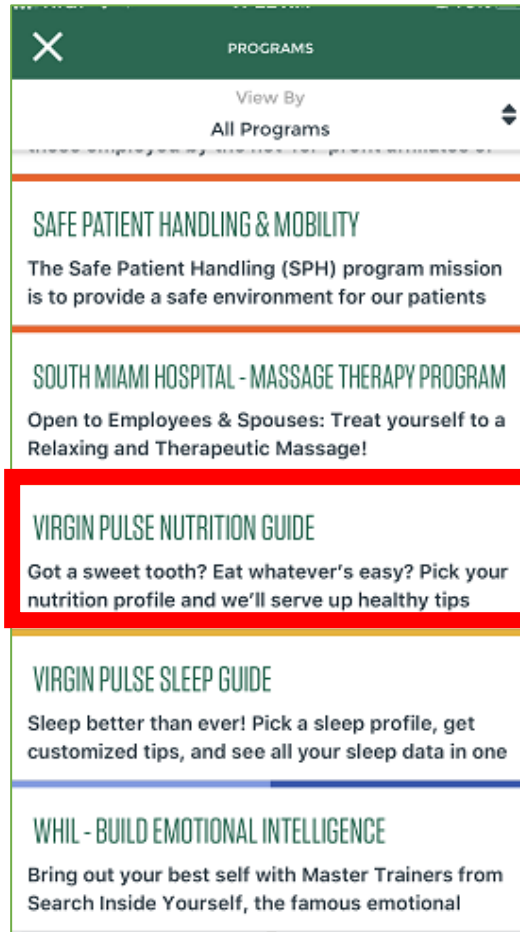
Select **View By: All Programs**



Step 10 continued

Click on **Virgin Pulse Nutrition Guide**

Click **START NOW**



Step 10 continued

Set up or change your eating profile by selecting the one that best matches you. Eating profiles are found under **What Kind of Eater Am I?**

