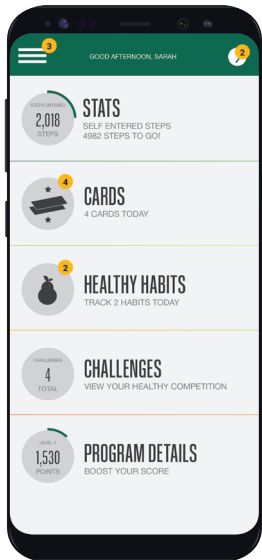


## How to register and get started on the new My Wellness Advantage platform POWERED BY VIRGIN PULSE

- 1 **Activate** your account by going to *join.virginpulse.com/wellnessadvantage*
- 2 **Download** the mobile app for iOS or Android. Search for “Virgin Pulse” in your app store.
- 3 **Connect** an activity tracker to get credit for your steps.
- 4 **Upload** a profile picture and add/invite some colleagues.
- 5 **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!
- 6 **Check in daily** or as often as possible. The more you check in, the more points you’ll earn to take your deductible down to \$0.



Covered spouses under a Baptist Health medical plan are encouraged to use the *My Wellness Advantage* platform too so they can also get their deductible down to \$0. Have your spouse follow the steps above, using your employee ID with an “S”(case sensitive) at the end of it to indicate they are your spouse.

