

Register and get started on the *My Wellness Advantage* platform POWERED BY VIRGIN PULSE

Covered spouses enrolled in a Baptist Health or Boca Regional medical plan also need to use the *My Wellness Advantage* platform in order to get their deductible down to \$0. Have your spouse follow the steps below to register using your new Baptist Health employee ID with an “S”(case sensitive) at the end of it to indicate they are your spouse.

1

Employees (and spouses) registered in the Pineapple Premier Plan need to **activate** their account in order to receive credit for the Preventive Care “You Do You Get” activities. Go 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.

