



Earn
250 points
for your first
login to the
mobile app.

Mobile App

Take Virgin Pulse wherever you go.
Download the Virgin Pulse mobile app today!

The mobile app has all the same great features as the website, which includes:

- Securely exploring resources
- Joining and tracking activities
- Building community
- Earning rewards

It's *Your* Journey. Live Well with Virgin Pulse

Have questions? We're here to help.

- Check out support.virginpulse.com
- Live chat: Monday - Friday, 2 a.m. - 9 p.m. ET
- Send us an email: support@virginpulse.com

GET STARTED TODAY



You can sign in with your existing username and password or single sign-on (SSO) 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 points!

Connect to your Headspace App

Connect your Headspace App to your Virgin Pulse App and start earning rewards, it's that easy.

Just go to [Headspace for Work](#) and follow the prompts for new users *and existing users* to connect Headspace to Virgin Pulse. You'll find a step-by-step walk-through when you log in.



Don't miss out!

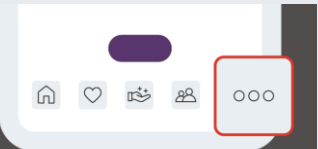
To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.



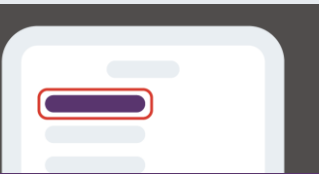
Syncing is the simple process of uploading information from an activity tracker to the mobile app, so it's all in one place. Be sure to sign in to your Virgin Pulse app at least once every 14 days so your data syncs and counts toward your activity goals.

Connect a device or app

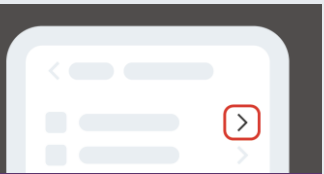
Download the Virgin Pulse app, then follow these easy steps:

1 

Click More in the bottom menu.

2 

Click Devices & Apps.

3 

Choose a device or app and click Connect.

Virgin Pulse is required by law to maintain the privacy and security of your personally identifiable health information. Your health information is kept completely confidential and not shared with Assurant in any identifiable format. The only information Assurant sees is compiled, anonymous data to monitor the overall participation rate and success of the program. Individuals who will receive your personally identifiable information are representatives from Virgin Pulse to provide you with services through the wellbeing program.