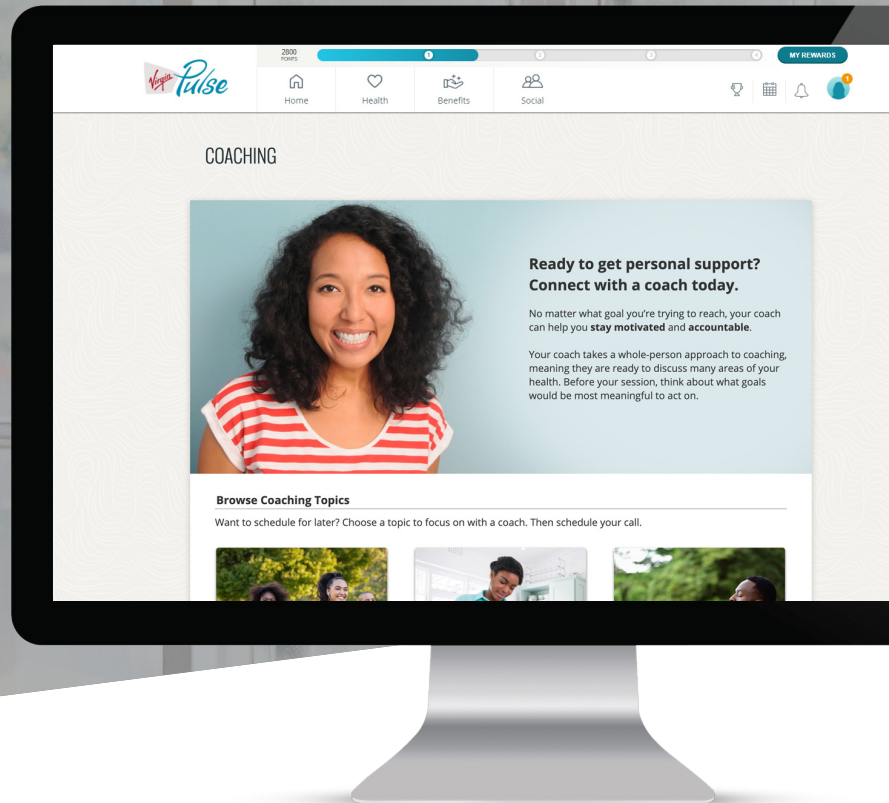


Virgin Pulse Coaching



Let's face it. Getting healthier can be challenging!
But now you can request one-on-one support from a qualified coach — right from our website or app. A coach can motivate you, give you tips and help you reach your goals. What are you waiting for? Start working with a coach today and earn **500 points** per coaching call!

Get started by going to the website or app. Once you've signed in, find **Health** in the main menu, then choose **Coaching**.



Reach your health goals, together

Making changes to your health routine can be tough — whether you're starting to exercise, training for a marathon or anything in between. That's why we're connecting you with qualified coaches to help motivate and encourage you along the way. Connect with a coach online or via our app to set goals, monitor your progress and give you extra tips to keep going.

With a qualified coach, you'll:

Set a goal

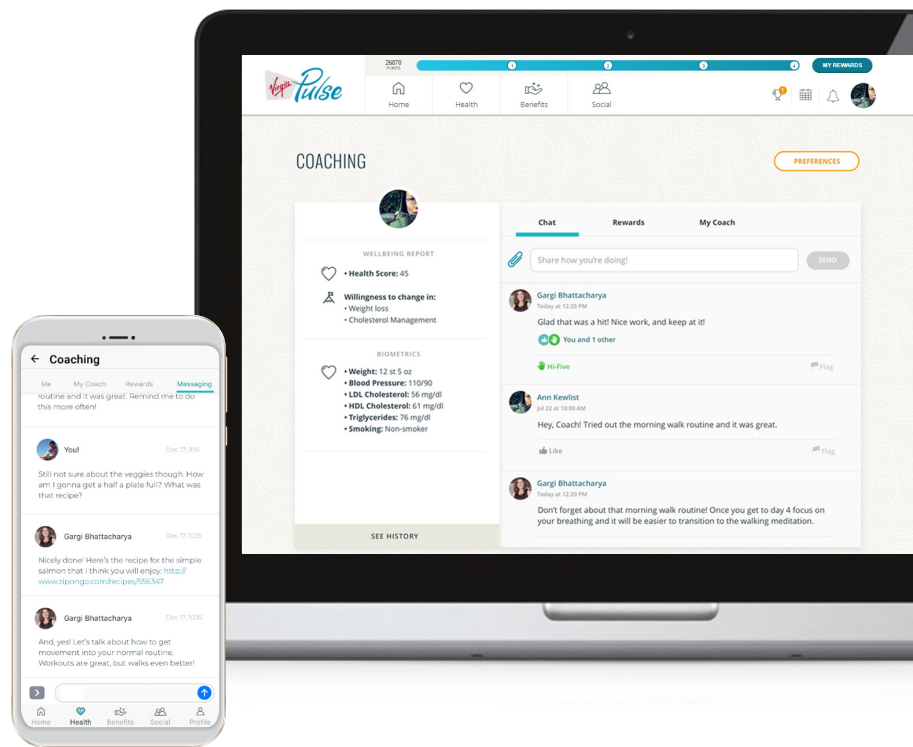
Whether you want to get fit, eat healthier or sleep better, your coach can help you set a goal and then stay with it.

Monitor your stats

Coaches can see how you're doing and offer tips to help you do even better.

Get support and encouragement

Chat with your coach online or via our app, and get personal, encouraging messages.



Not a member yet? Don't miss out on all the fun!
Get started today by going to join.virginpulse.com/liveit.



Request a coach

Step 1

Sign in to your account at member.virginpulse.com or open your Virgin Pulse mobile app. Then choose **Coaching** in the **Health** menu.

Step 2

On the website: Choose your preferred topic. On the app: Click **Request a Coach** and then choose your preferred topic.

Step 3

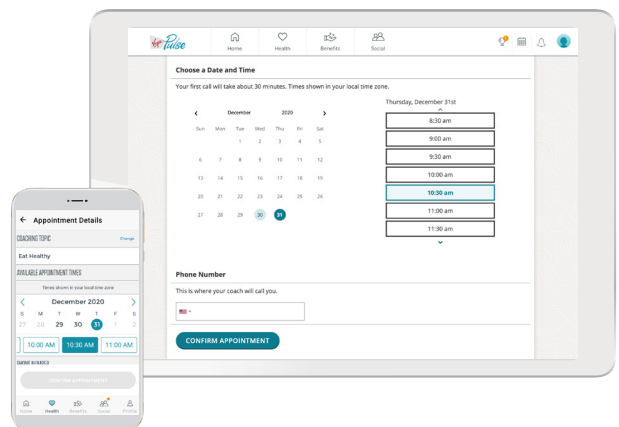
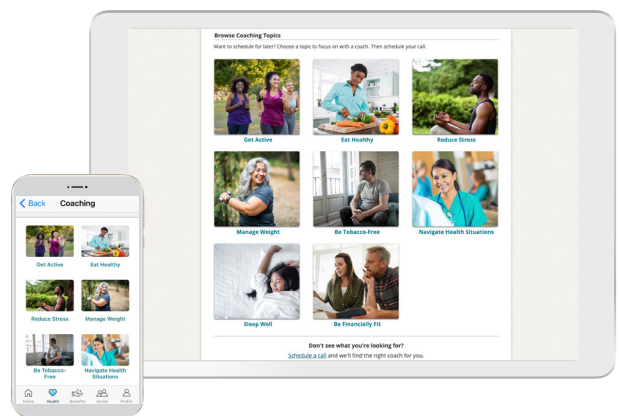
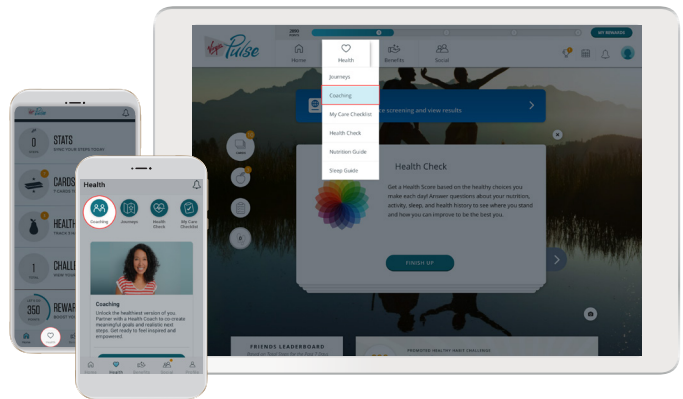
Find a date with available times on the calendar and choose the time that fits your schedule.

Step 4

Enter your preferred phone number. Your coach will contact you at this number on the day and time you choose.

Step 5

Click **Confirm Appointment**.



What to expect

The first session lasts 30 to 45 minutes and will help you build a meaningful relationship with your coach. Then you'll work with your coach to find the small steps you can take to make progress toward your goal. During your follow-up sessions, you'll update your coach on your progress and plan other steps to help you stay on track. You can schedule one appointment per month at no cost to you and you will earn **500 points** per call.

