

# Virgin Pulse JOURNEYS



## Choose your path to better wellbeing.

When it comes to improving your health, small steps can lead to big things. With Journeys®, you'll get small, achievable steps that allow you to "try on" and build healthy habits that stick.

Whether you're looking to improve your eating habits, move more, sleep better, or manage a health condition, our digital coaching tool can help, and is just a click away.

**Get started today.**

Go to [member.virginpulse.com](https://member.virginpulse.com).



## Ready to get started?

### Follow these easy steps:

- Step 1** Open the Virgin Pulse mobile app or go to the website and find **Journeys** in the **Health** menu.
- Step 2** Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.
- Step 3** Click on the Journey you would like to learn more about. Click **START** to begin your Journey.
- Step 4** Begin your Journey by taking the first step. Come back every day as you build up to a new healthy habit.

## What to expect

- Choose from a wide array of topics
- Work at your own pace
- You'll be presented with small steps that lead to long-term healthy habits
- Discover new motivation and guidance—all at no cost to you

## Journeys can help you:

- Eat healthy, nutritious foods
- Get more physical activity
- Improve your sleep
- Quit smoking
- Reach a healthy weight
- Reduce stress
- Strengthen your financial fitness

**Do you have a health concern that's new to you or impacts your daily wellbeing? Journeys can help you manage:**

- Anxiety
- Cholesterol
- Depression
- Diabetes
- Hypertension
- Insomnia
- Tobacco misuse

### Have questions? We're here to help.

Check out [support.virginpulse.com](https://support.virginpulse.com)

Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

Live chat on [member.virginpulse.com](https://member.virginpulse.com)

