

FSU Wellness Program



Enrollment Overview

Employees who are already registered for Virgin Pulse do **not** need to reregister.

REGISTER FOR VIRGIN PULSE

1. Identify 2. Agree 3. Create

Tell Us Who You Are

We'll use this information to confirm that you're eligible to create an account.

Name

First Name

Last Name

My date of birth

MM/DD/YYYY

My employee ID

Enter your employee ID

Employee ID can be found in HR system

My country/region

Choose from this list

Submit

1. Complete 2. Agree 3. Create

Legal & Privacy

These documents explain our legal terms, and our privacy practices. In summary, we need you to consent to us processing your data within the US subject to US laws. However, our privacy practices are set to comply with international standards on privacy rights. For more information, click on the available links.

I have read and agree to the [Membership Privacy Notice](#)

I have read and agree to the [Membership Agreement](#)

I have read and agree to the [GINA/PHI Notice](#)

Next

1. Complete 2. Complete 3. Create

Finish Setting up Your Account

Great! You're almost done creating your account. Now you'll need to set your password

My phone number

Enter your phone number

My password

Enter your password

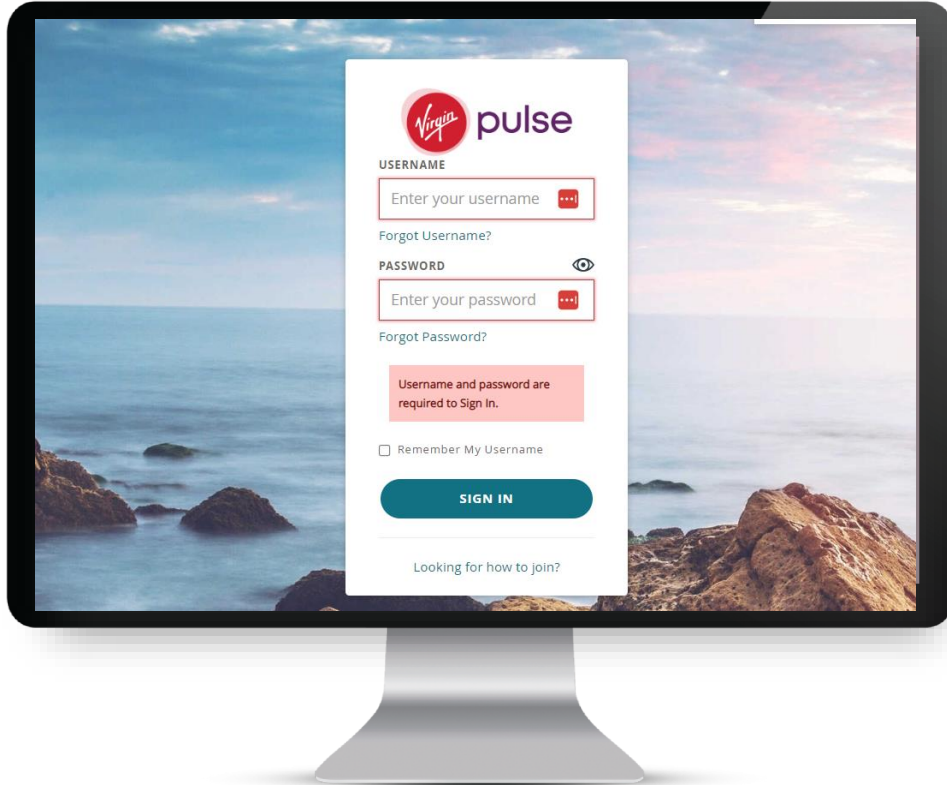
- one uppercase letter
- one lowercase letter
- one number
- one special character !#\$%()*+@_
- between 8 and 50 characters

0/20

Set Password

1. Ferris Enrollment
2. Fill in the required information and complete registration

LOG IN TO VIRGIN PULSE

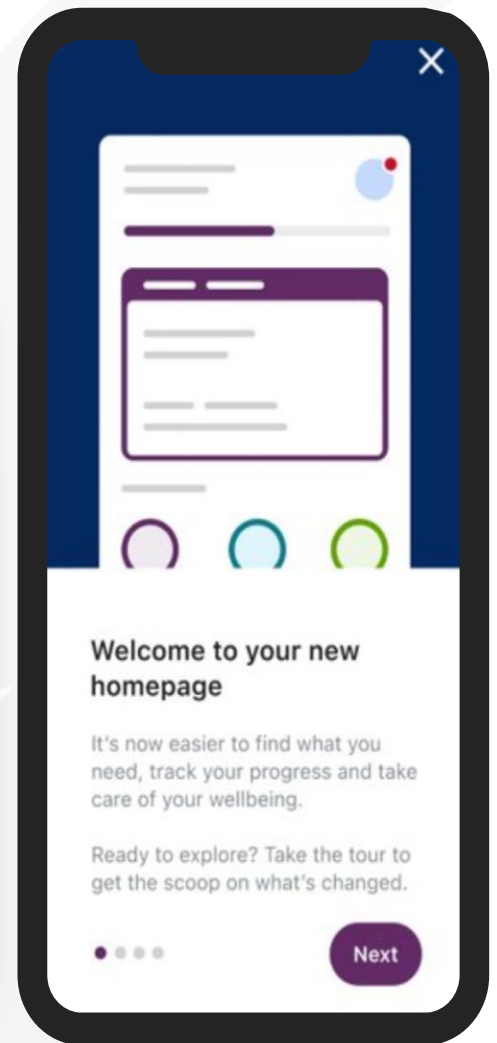
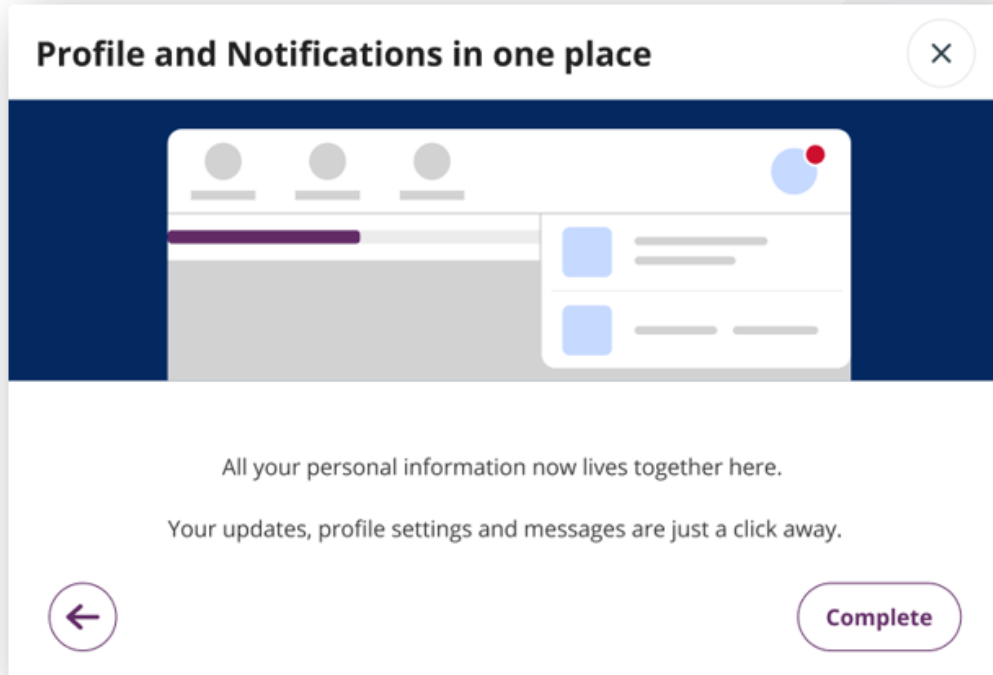


1. Copy the link: member.virginpulse.com
2. Enter your username or email used when registering and your password.
3. Have a smart phone? You can download the Virgin Pulse app in the App Store.

One Time	First login to mobile app	250
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Getting Started

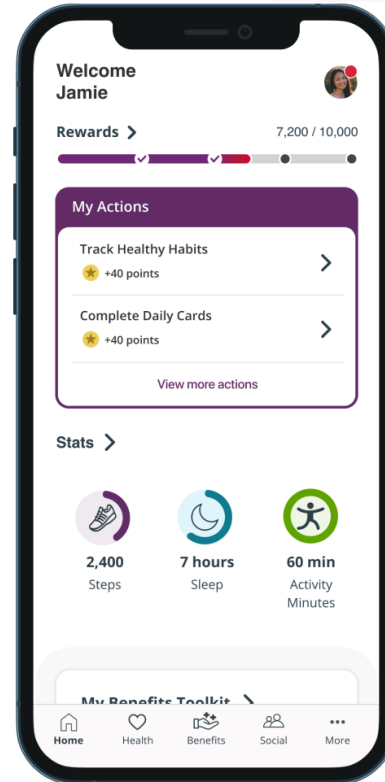
Simple Onboarding tips that walk new members through the homepage:



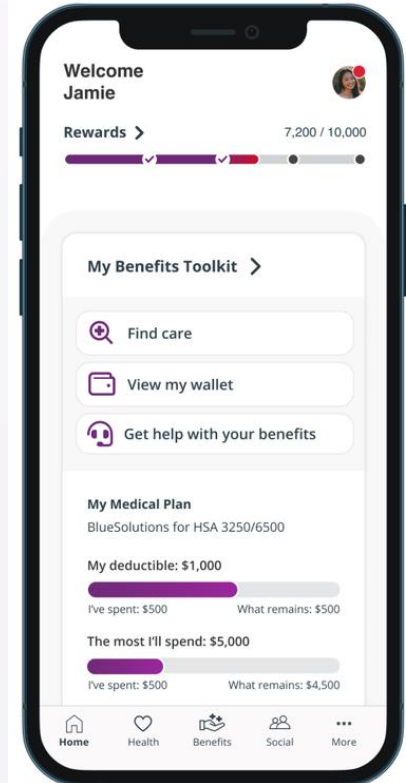
Navigating Your Wellbeing Mobile

- Home: Navigate to healthy habits, daily cards, rewards, stats or any of your menu domains!
- Health: Access Journeys
- Benefits: Explore a personalized carousel to discover and service employer benefits or programs
- Social: Explore Challenges, Friends, Events Calendar
- MORE... Explore your Profile, Devices & Apps, Settings, Shop, Pillars, Trophy Case & More!

My Actions

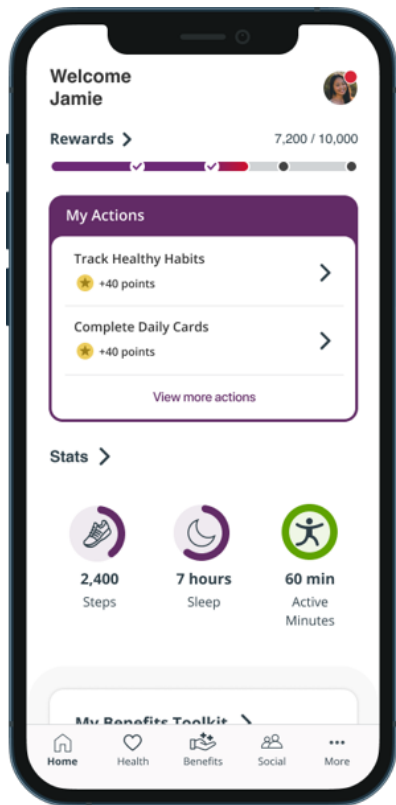


Easier access to recommended and frequently used features.



Navigating the Basics

Earn Rewards



To learn all the ways to earn points:

- Hover over the 'Home' tab and go down to 'How to Earn'.
- This section is broken down into categories (i.e. activity, nutrition, sleep, etc.)
- Within each category, you will see your earning potential daily, weekly, monthly, quarterly, yearly.

Intelligent Healthy Habits

Our new Healthy Habit Recommendations are powered by machine learning. They take a step further to give you smart recommendations on new habits you should track and incorporate into your daily routines.

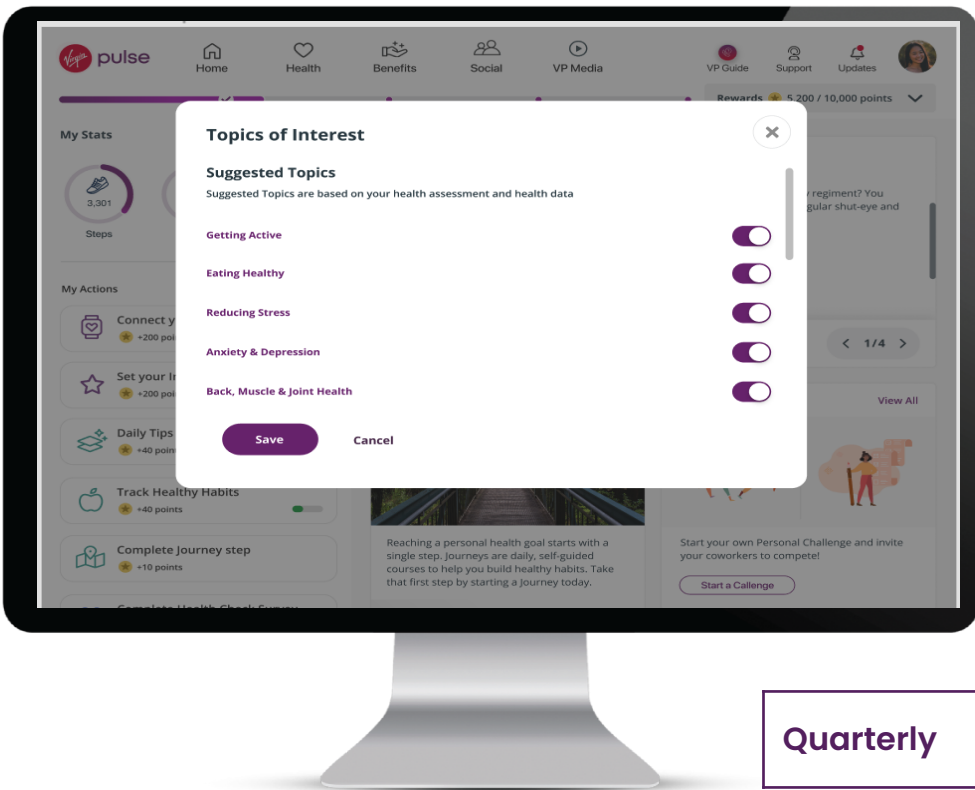
Small steps lead to big changes.
Click on Home > Healthy Habits
Check out the bar across the top to see your healthy habits, habits that are recommended for you and browse all the healthy habits by topic.



Set Your Topics of Interests

Setting your interests allows you to have a customized experience when you log in to read your daily cards.

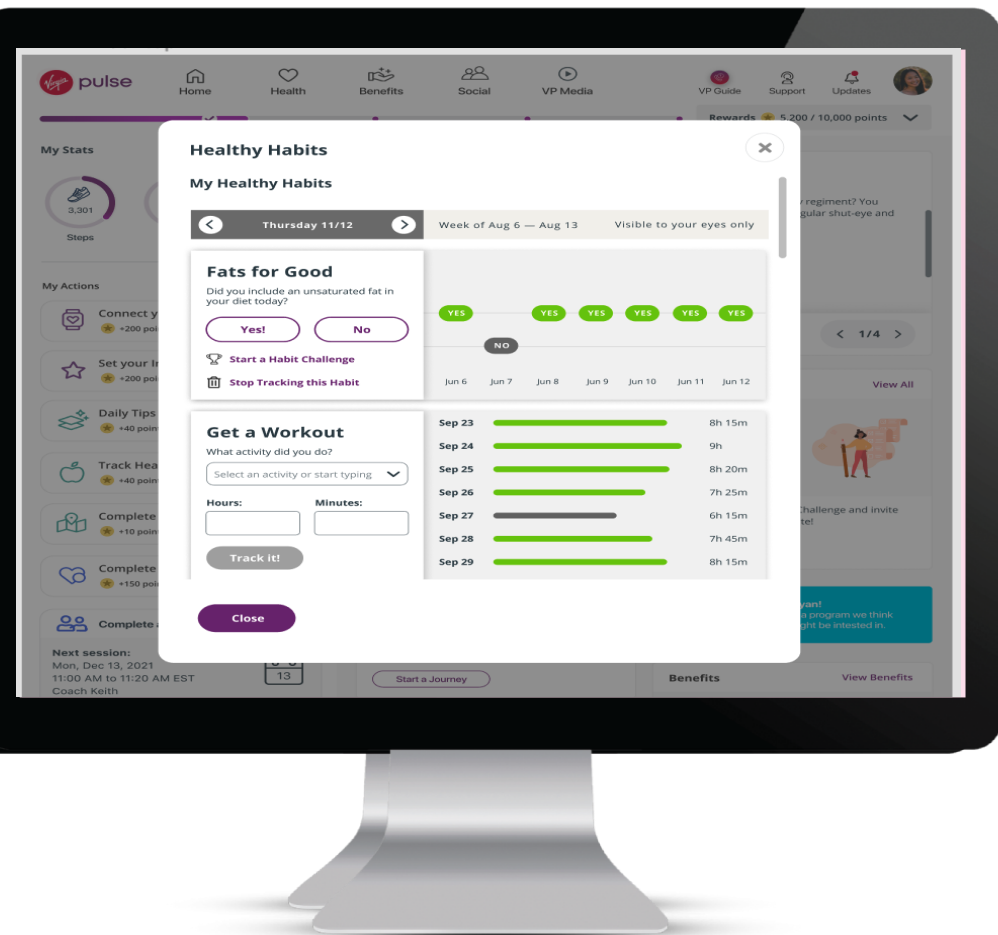
1. Hover over your profile picture in the upper right-hand corner.
2. Click on 'Topics of Interest'.
3. A pop up will show you the interests you can choose from. It starts with suggested topics then breaks it down by category. Select a few that you would like to learn more about.
4. Then click 'done'.



Quarterly

Set your interests

100
Points



Healthy Habit Tracking

Small steps lead to big changes.

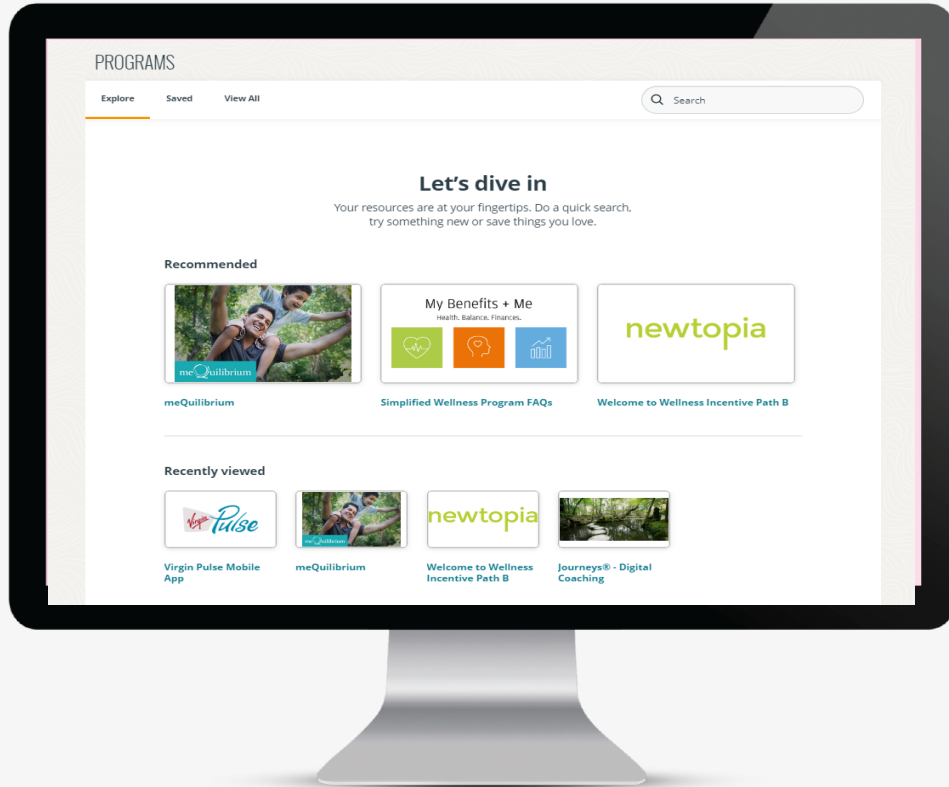
1. Click on Home > Healthy Habits

Check out the bar across the top to see your healthy habits, habits that are recommended for you and browse all the healthy habits by topic.

Earn!

Daily	Track your healthy habits (3 per day)	10 (up to 30 pts)
Monthly	Track your healthy habits 20 times a month	300 pts

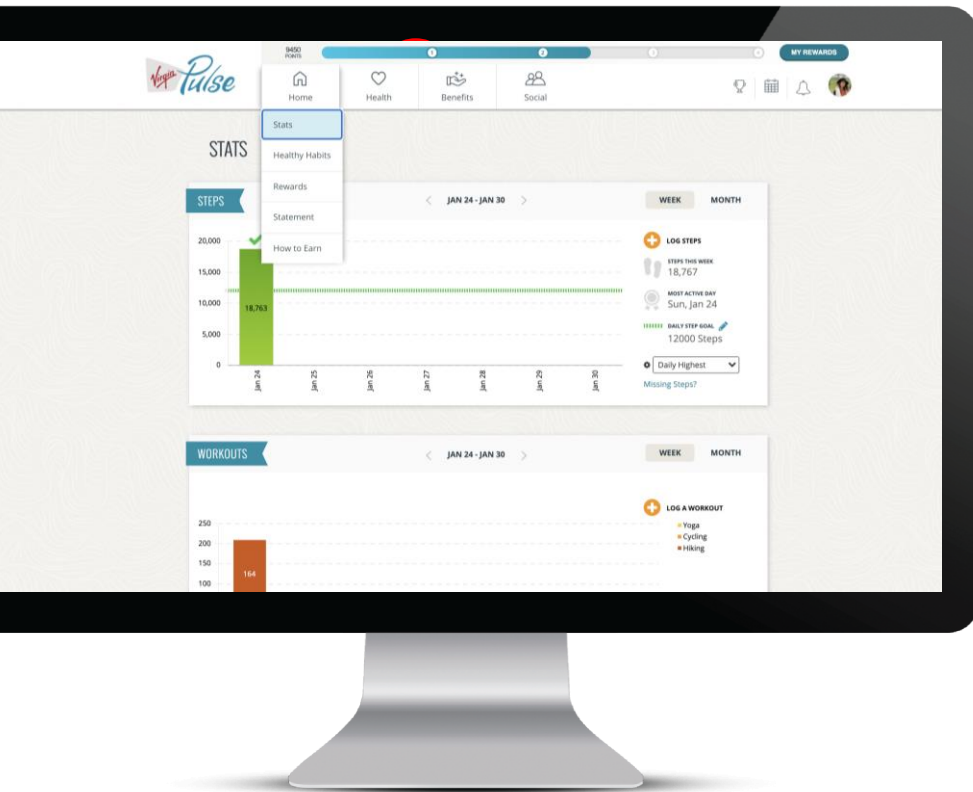
Benefits Page



This page will show you all the programs offered to you.

Click on 'Benefits'.

Click on a specific Benefit Tile to learn more information about it, including any additional information, attached resources, or links to forms or other sites for completion.



Logging Steps & Activity

If you are not using a device to track steps or activity, this is where you will enter that information in manually.

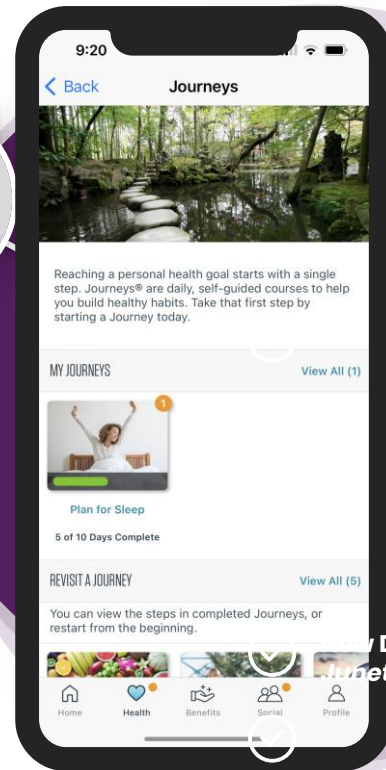
1. Home tab > Stats
2. Click on the orange circle with the plus sign to log steps or log a workout.
3. If logging a workout, browse the activity options. *Don't see yours? Find one that is most like the activity you did. Enter in the minutes spent doing the activity.*
4. Click 'save' when done.

Earn!

Daily	Validated Steps/Active Minutes/ Workouts	Up to 140 points (total)
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Journeys

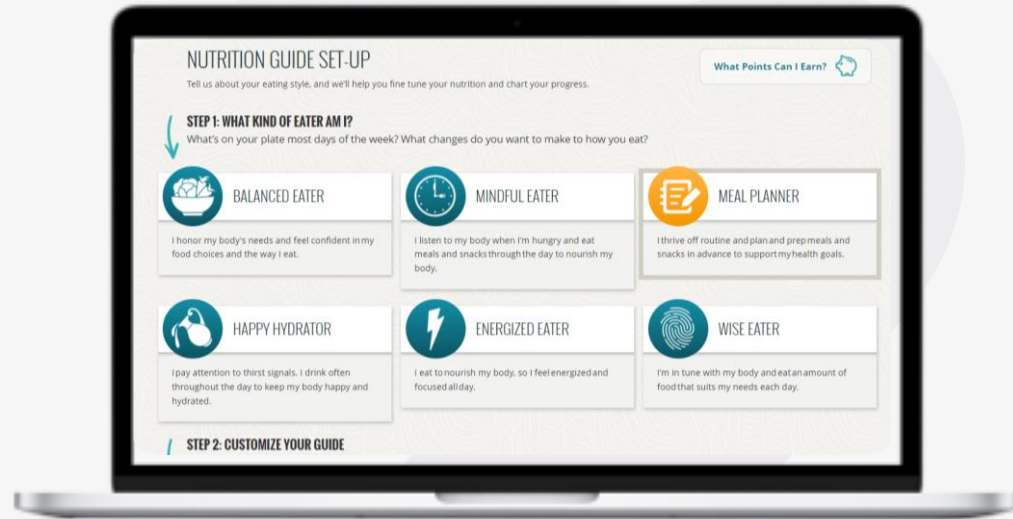
- Engage in Topics that are meaningful to you!
- Content reflects the latest science and recommendations

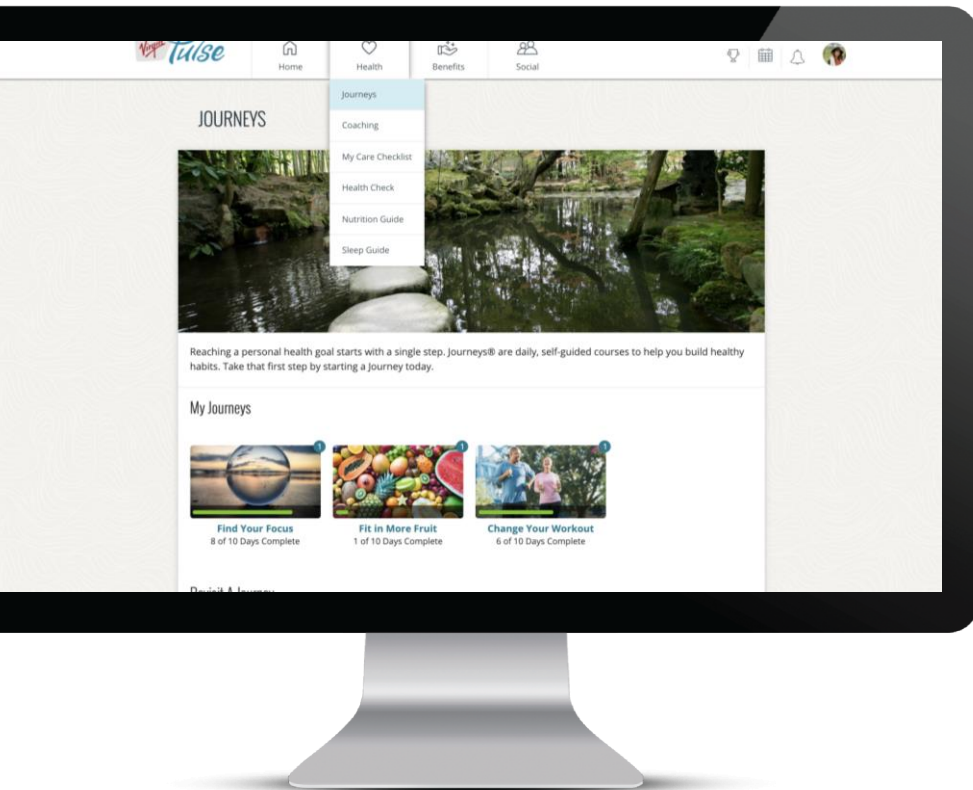


14 Day DEI Habit Challenge:
June 1st - June 14th

Nutrition Guide & Sleep Guide

- Nutrition and sleep habits were created to better support your goals
- Journeys to support small daily actionable steps based on your unique Nutrition or Sleep Profile





Journeys

1. Hover over the Health tab along the top bar and click 'Journeys'. There are many topic areas to choose from with several Journeys within each topic.
2. Click on the topic you're interested in and select 'Start'. Each day you can go on and review the tip then click 'Got It'.

Earn!

Daily	Complete a Journey Step	15
Quarterly	Complete a Journey	250

Social Features

Notifications

Brings all reminders, invites, calendar events and more all in one place. It consolidates all challenge and event notifications, along with others such as friend requests & groups. You can also find Coaching notifications.



Friends Experience

Studies have shown that workplace friendships, and even friendly workplace interactions, can boost job performance, improve culture, and foster trust.

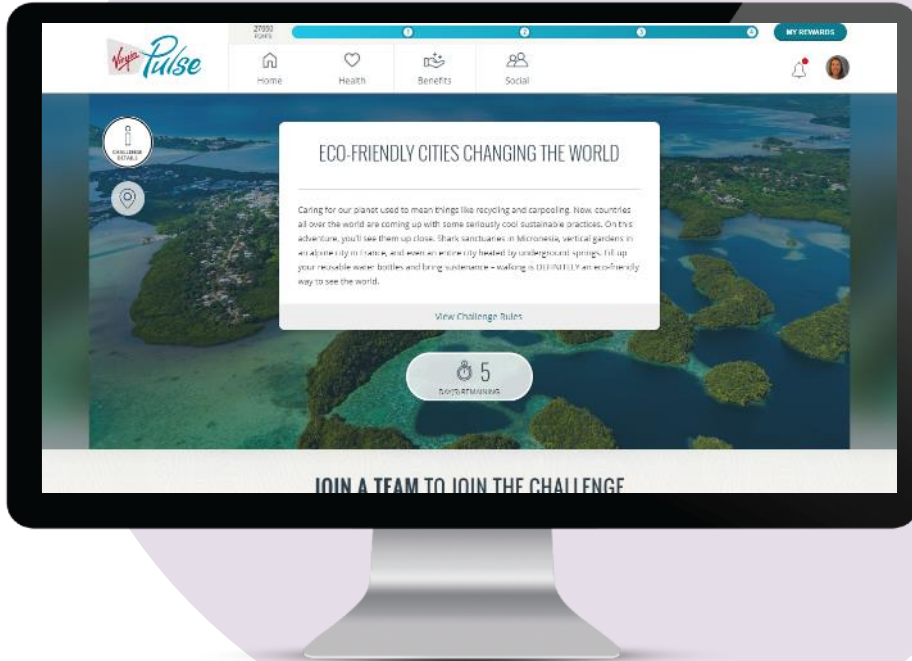
Invite a colleague to join	50 points	5x per year
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How to add friends



Corporate Challenges

Engage in a team-based healthy step competition.



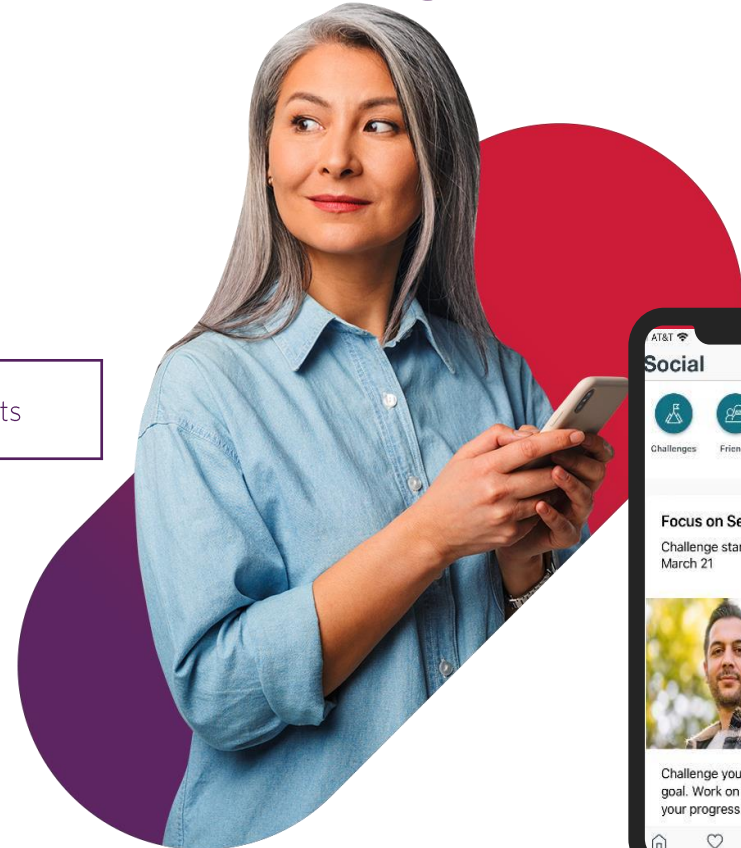
Unlock a Destination in the Destination Challenge	25 points
Create a team in the company challenge and fill it	50 points
Post a chat comment at least once a week for all weeks	50 points
Join the company challenge	100 points
Reach the final destination in a Destination Challenge	100 points
Track steps at least once a week for all weeks	100 points

Promoted Healthy Habit Challenges

Make your habits stick!

Promote Healthy Habit Challenges are a calendar of 1-week long healthy habit challenges across wellbeing areas.

Monthly	Win the promoted Healthy Habit Challenge	200 points
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Earn!

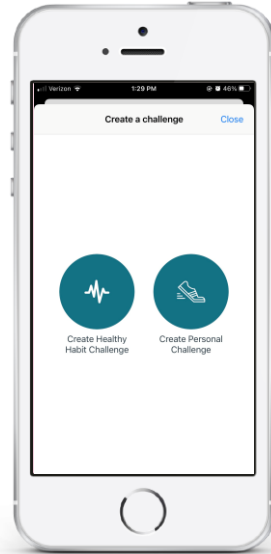
Personal Challenges

Challenge yourself and invite friends:

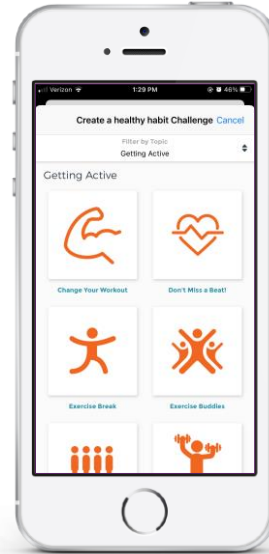
1. Healthy Habit Challenges
2. Personal (step) Challenges.

Earn!

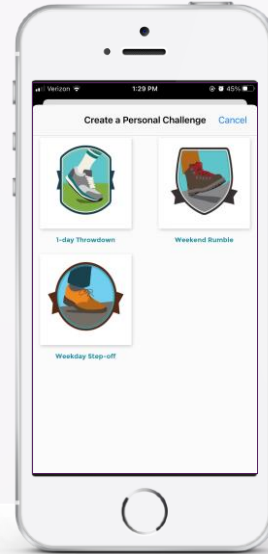
Join a personal challenge	100 points
Create a personal challenge	50 points



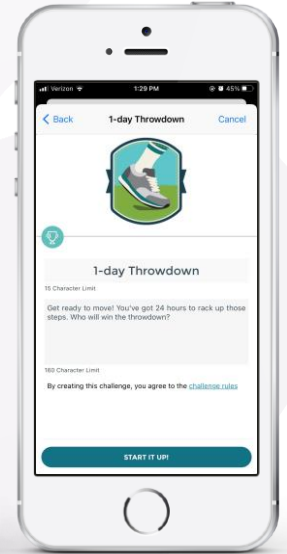
This feature can be accessed within the social domain.



Choose which topic and habit you want.



Or choose between three types of step challenges.



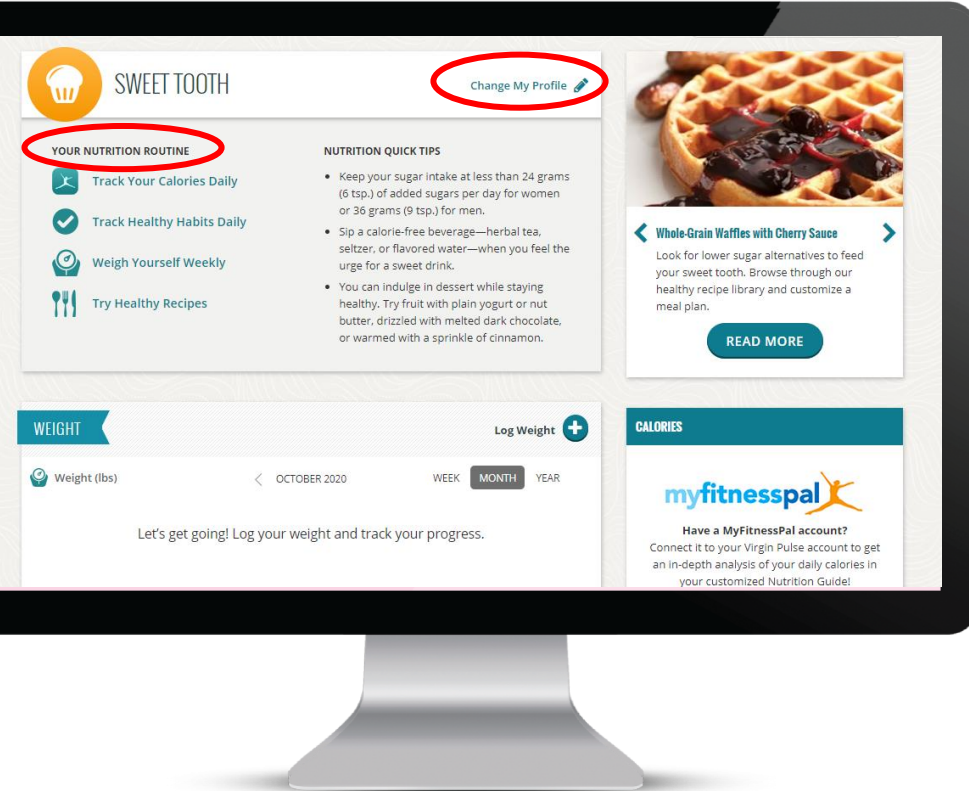
1-Day Throwdown Details.

Nutrition Guide

1. Click on 'Benefits' on the top bar.
2. Change to 'See All' and scroll to Virgin Pulse Nutrition Guide.
3. Set your nutrition profile by clicking 'Change My Profile' at the top of the Nutrition Guide page.

Check out the links under 'Your Nutrition Routine' for additional ways to earn rewards (see list below).

You will also see in the lower right-hand side, the option to connect to My Fitness Pal for calorie tracking.



Earn!

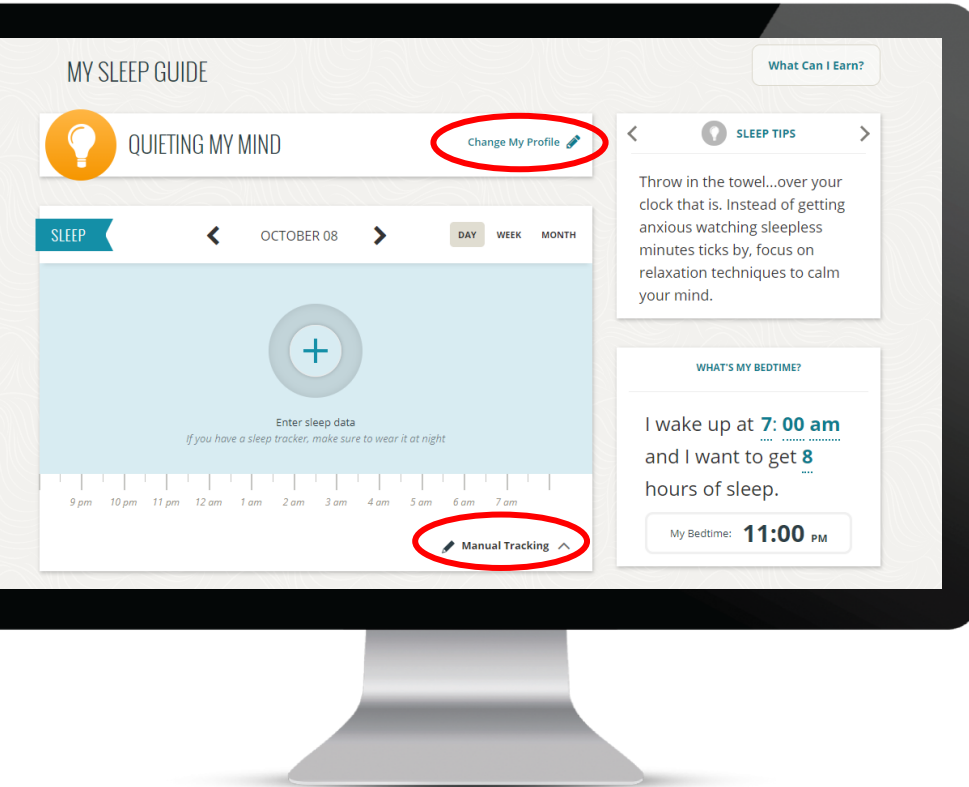
Quarterly	Chose your eating type	250pts
Daily	Browse healthy recipes	10pts

Sleep Guide

1. Click on 'Benefits' on the top bar.
2. Change to 'See All' and scroll to Virgin Pulse Sleep Guide.

Set your sleep guide by clicking 'Change My Profile' at the top of the Sleep Guide page.

If you are tracking your sleep manually, click on the + to log hours slept.

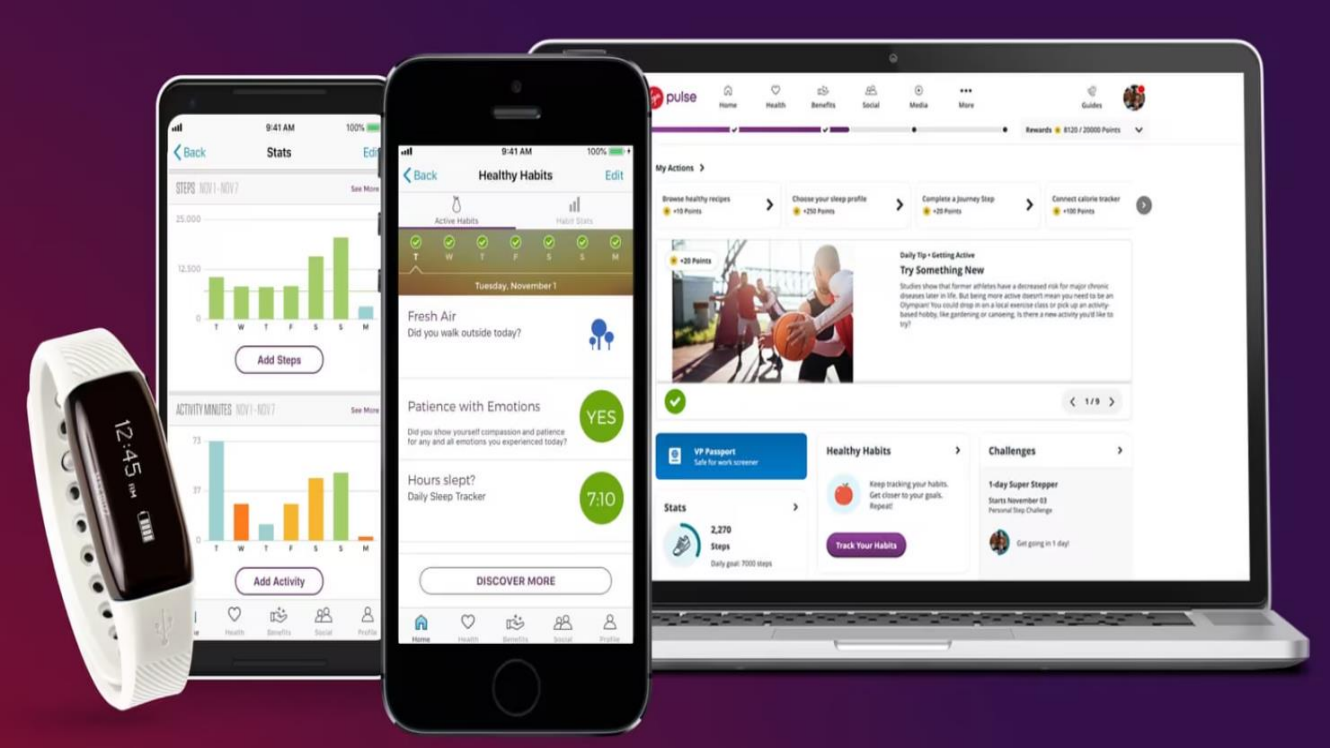


Daily	Track sleep manually	10
	Track sleep nightly	20
	Sleep >7 hours in a night w/ a device	50
Monthly	Track sleep 10 days in a month	100
	Track sleep 20 days in a month	200
Quarterly	Choose your sleep profile	250

Devices and Apps

Download the Mobile App!

Scan the QR Code to Download the App



Devices & apps

Ready to get started?

Step 1 Order your free activity tracking device if you haven't yet or you can sync an approved device or app.

Step 2 Download the Virgin Pulse app, register by setting up a username and password, and sync your Max Buzz or approved fitness device/app to your Virgin Pulse account.

Step 3 Now get moving! Sign in at least once a week to sync your activity.

Get rewarded! Each month, track your steps and active/ workout minutes to earn points towards your wellness incentive.

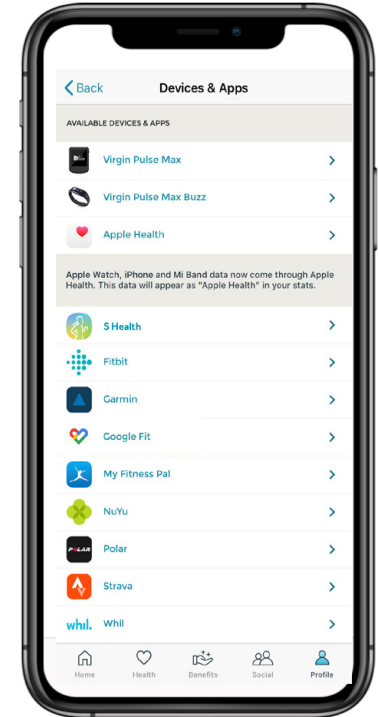
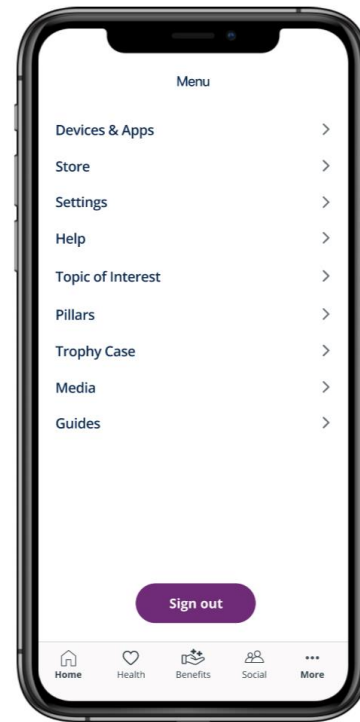
Connecting A Device

Step 1. Download the Virgin Pulse mobile app from the App Store or Google Play.

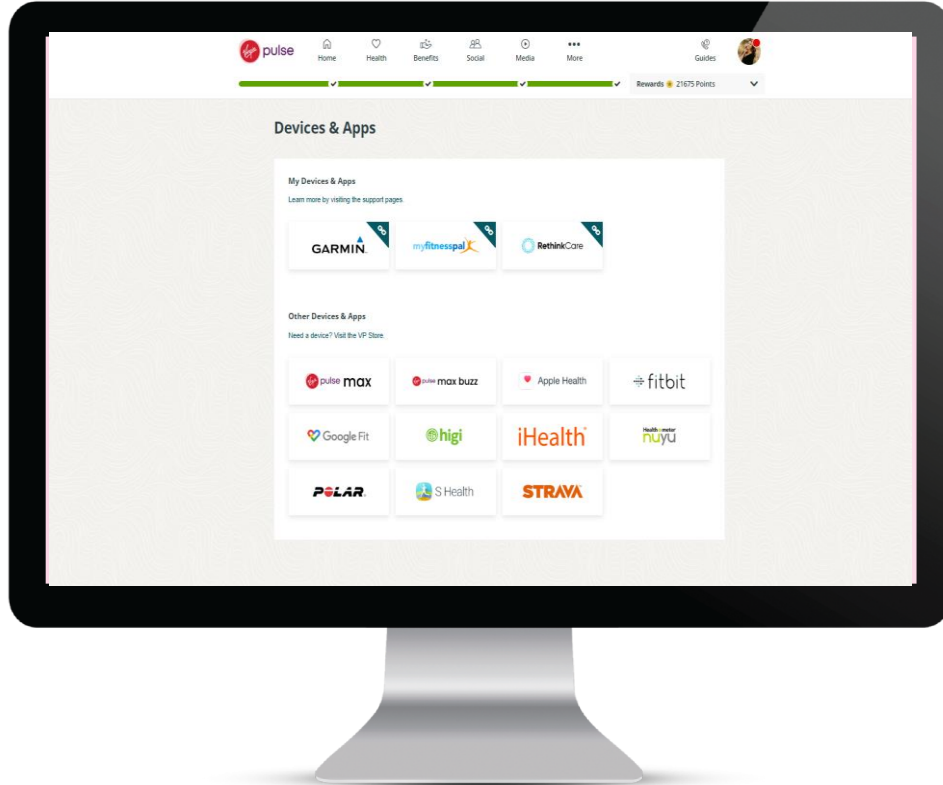
Step 2. Go to Profile in the menu and choose **Devices & Apps**.

Step 3. Choose a device or app and click "Connect."

Step 4. Sign in or get connected automatically (depending on the app).'



Connecting A Device: Web



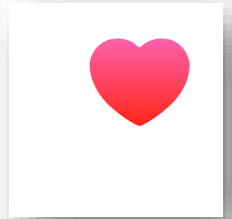
1. Log into your account.
2. Click More...
3. Go down to 'Devices & Apps'
4. Click on the device or app you would like to connect. You will need your log in information for the device or app you are connecting to.
5. Click connect, then use your log in information for that device or app.

You will know your device or app is connected when you see the link in the corner.

If you are still not sure if your device is connected, you can also click on 'My Devices & Apps'.

Compatible devices and apps

Virgin Pulse supports a variety of tracking devices and apps that will help you get those validated steps, active minutes, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:



Member Support

Contacting Member Support

Have questions? We're here to help.

Send us an email:

Ferrissupport@virginpulse.com

Or call us at **833-568-3958** |
Monday-Friday, 8 am-9 pm ET



Thank you!

Make it a great day