Build a better you

The Creighton Wellness Platform gives you the tools to get active, get healthy, and live better every day.

Here’s how to get started:

1. Activate your platform account or log in if you already have an account.
2. Download the Virgin Pulse mobile app for iOS or Android.
3. Connect an activity tracker to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Misfit, etc.)
4. Upload a profile picture and add some friends.
5. Start a little healthy competition and create or join a challenge with friends.

Not a member yet? Don’t miss out on all the fun! Get the mobile app or go to join.virginpulse.com/creighton
How to Get Started

• Log into join.virginpulse.com/Creighton
• Click on the Programs page to complete your Health Check survey

• Sync your device, sign up for a coaching appointment, get active, track your healthy habits and more.
• We have two incentive programs for the 2021 calendar year:
  – 1) Quarterly Wellness Drawings- engagement in healthy activities to earn points. Hit the point thresholds each quarter to be entered into the Quarterly Wellness Drawings!
  – 2) Grand Prize Drawing- Everyone that completes the Health Check survey & either attests to going to their personal physician this year or attends one of our Wellness Checks (at all Shoo the Flu clinics) by 12/31/21 will be entered into our Grand Prize Drawing!
    • Under Home, click Rewards to see the point thresholds for each quarter. Also on this page, click on the Wellness Checks and/or Annual Physical hyperlink to fill out your attestation form for participation.
    • Under Home>click on How to Earn to see all other point earning opportunities!

<table>
<thead>
<tr>
<th>Level</th>
<th>Points</th>
<th>Entry Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>7000 Points</td>
<td>3/30/21</td>
</tr>
<tr>
<td>Level 2</td>
<td>25000 Points</td>
<td>6/30/21</td>
</tr>
<tr>
<td>Level 3</td>
<td>40000 Points</td>
<td>9/30/21</td>
</tr>
<tr>
<td>Level 4</td>
<td>60000 Points</td>
<td>12/31/21</td>
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Wellness Check and/or Annual Physical
Connect a fitness tracker

Keep track of how well you’re doing by using a fitness tracker or your mobile phone. Then challenge yourself to take it up a notch!

Don’t have a device?
You can order a fitness tracker in the Virgin Pulse store or connect to one of our free, compatible devices and apps to track your daily steps. Check out your options by going to the Devices & Apps section.

Step 1
Go to Devices & Apps in the menu.

Step 2
Choose the device you’d like to connect.

Step 3
Follow a few simple steps. You’ll see instructions right on your screen.
Add coworkers, friends, and family

Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

Step 1
Go to Friends in the menu.

Step 2
Choose Add Friend (for your coworkers) or Add Friend From Outside the Company (for friends and family members who don’t use your company’s benefits).
Engage in some healthy competition

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.

Company challenges

Stay tuned for company-wide challenges where you can go head-to-head with friends and rivals across your organization. Post comments to cheer each other on.

Healthy Habit Challenges

Challenge your coworkers and friends to track a healthy habit for 5 out of 7 days. Use the chat feature to share your strategy for achieving the healthy habit each day.

Personal Step Challenges

Challenge your coworkers and friends to a step-off. You choose the type (1 day, weekday, or weekend) and then invite your coworkers and friends. Use the chat feature to share your strategy and motivation.
Build daily healthy habits

We'll give you bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful.

**Step 1**
Choose a healthy habit you'd like to work on.

**Step 2**
Work on it, little by little, every day.

**Step 3**
Experience the rewards of better health and wellbeing!
Get quick, simple tips

Learn easy-to-do, daily tips to help you get more active, eat well, manage life’s ups and downs — and much more.

**Pillars and Topics**

We’ve made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need — fast.

**Journeys® Digital Coaching**

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool, Journeys®, to make simple changes to your health, one small step at a time.

**Social Groups**

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others, and achieve goals together.

**Phone Coaching**

Talk to a professional clinician and coach over the phone to get one-on-one support, expert guidance, and help navigating your healthcare questions.

**Peer Coaching**

Need some motivation? Request a peer coach online or via our app! Someone will be there to cheer you on as you make your way toward better health.
Complete healthy activities daily to earn points! Hit each point threshold per quarter to be entered into the prize drawing!

- 7,000 Points by 3/30/21 - Entry into Prize Drawing
- 25,000 Points by 6/30/21 – Entry into Prize Drawing
- 40,000 Points by 9/30/21 – Entry into Prize Drawing
- 60,000 Points by 12/31/21 – Entry into Prize Drawing

To see all reward options, visit My Rewards under the Rewards tab on your Virgin Pulse wellness platform!

**Activity**

<table>
<thead>
<tr>
<th>Daily</th>
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<tbody>
<tr>
<td>Earn daily points for steps &amp; workouts!</td>
</tr>
<tr>
<td>Track your healthy habits</td>
</tr>
<tr>
<td>Calorie tracking</td>
</tr>
<tr>
<td>Complete healthy habit cards</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hit monthly step tracking goals (7k, 10k for 20 days in a month)</td>
</tr>
<tr>
<td>Reach final destination of challenge</td>
</tr>
<tr>
<td>Win promoted healthy habit challenge</td>
</tr>
<tr>
<td>Hit calorie tracking goal and/or sleep tracking goals</td>
</tr>
<tr>
<td>Join a personal challenge</td>
</tr>
<tr>
<td>Complete 10 daily cards in a month</td>
</tr>
<tr>
<td>Create a personal challenge</td>
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<tr>
<td>Complete a coaching appointment</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Quarterly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete a Journey</td>
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<table>
<thead>
<tr>
<th>Yearly</th>
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</thead>
<tbody>
<tr>
<td>Wellness Check and/or Annual Physical</td>
</tr>
<tr>
<td>Complete the Health Check Survey</td>
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<tr>
<td>Complete the Nicotine-Free Agreement</td>
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</table>

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