Creighton Wellness

User Guide

2022 Creighton Wellness Platform Program

Dates: Jan. 1, 2022 – Dec. 31, 2022

Sign up now at **join.virginpulse.com/creighton**

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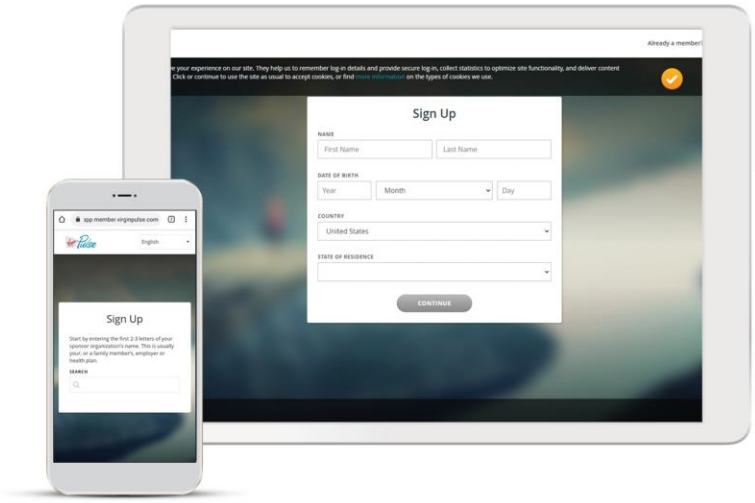
How to get started

Step 1

Sign up for your Virgin Pulse account by going to join.virginpulse.com/creighton
(Already a member? Sign in at member.virginpulse.com)



Step 2

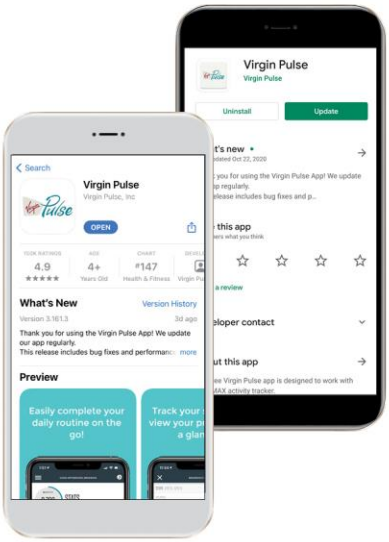
Accept the terms and conditions, and choose your email preferences to get the latest tips and information.

Step 3

Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

Step 4

Upload a **profile picture** and add some **friends**.



Step 5

Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 6

Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime.

Download on the App Store

GET IT ON Google Play

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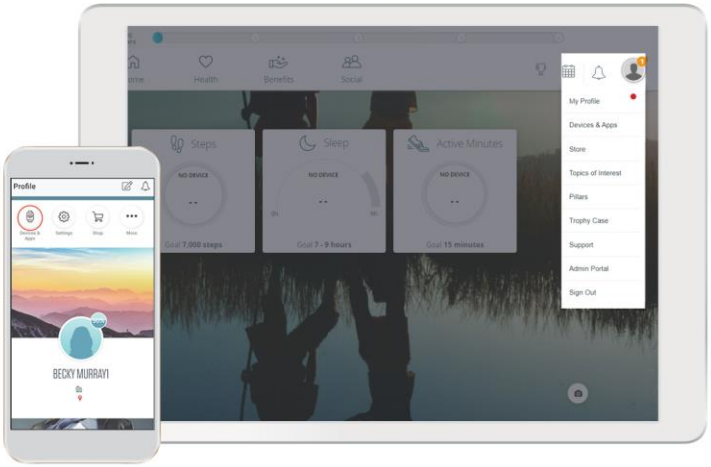
Connect a fitness tracker

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.

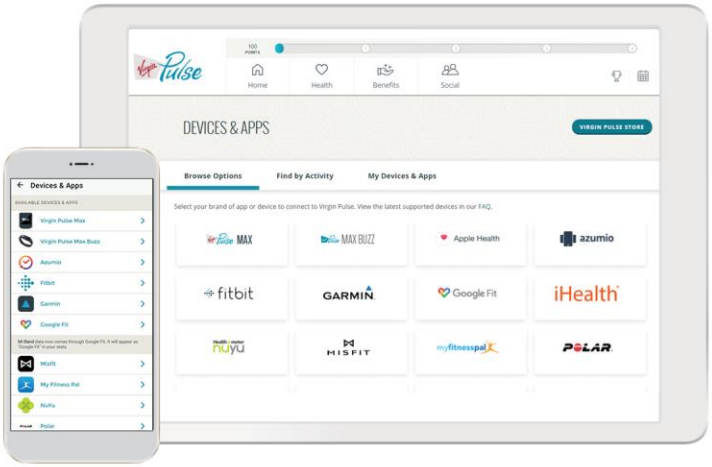
Step 1

Go to **Devices & Apps** in the menu.
(Profile > Devices & Apps on the mobile app)



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.

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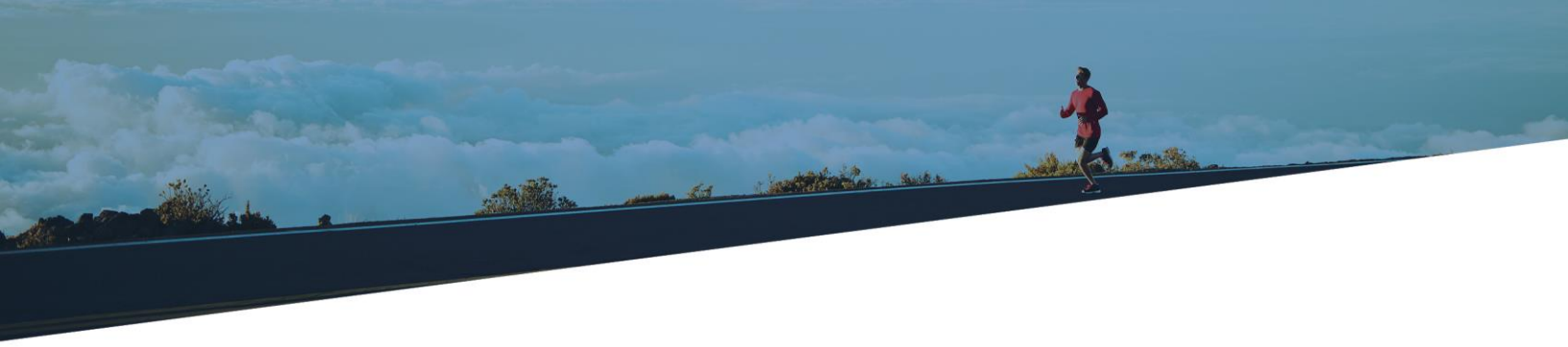
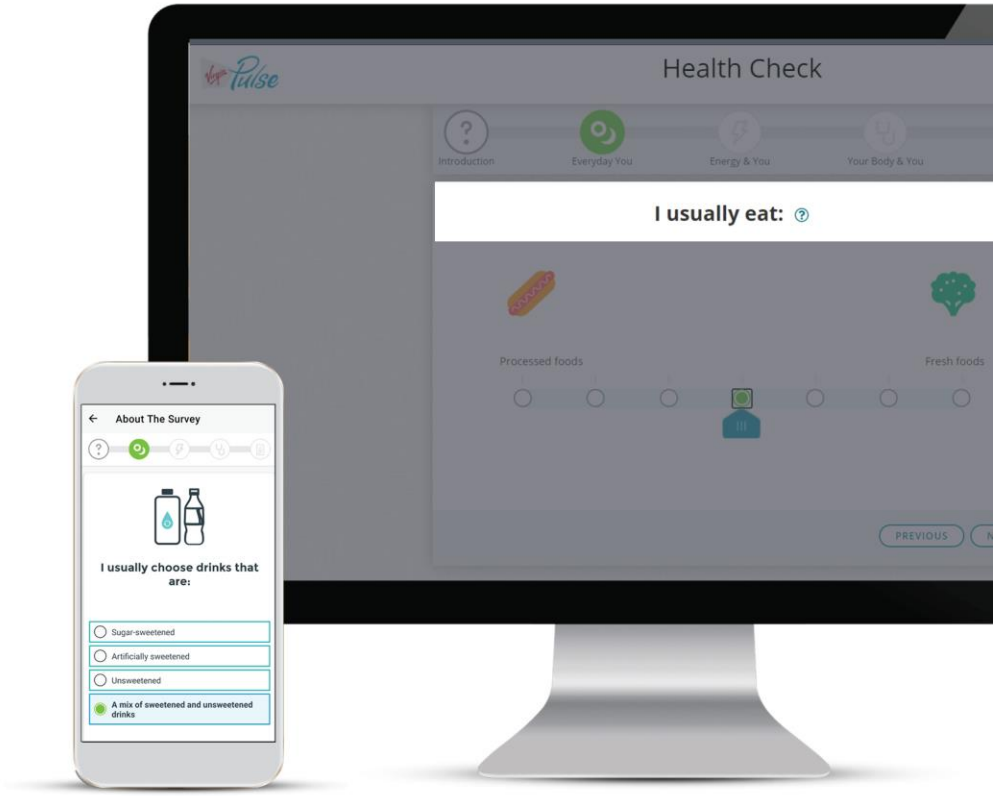


See a clear picture of your health

The best place to start is by taking the Health Check. This short, confidential survey assesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellbeing.



Step 1

Go to **Health** in the menu then choose **Health Check**.

Step 2

Take the Health Check and get a clear snapshot of your health.

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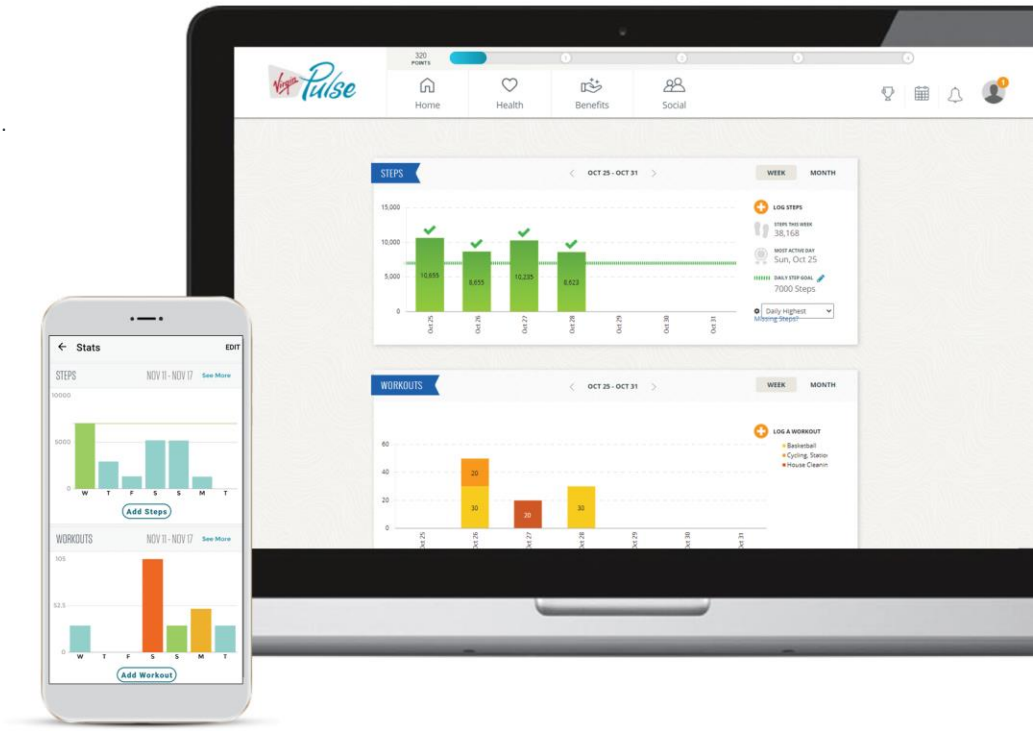
Start stepping

Start getting active and tracking your steps, calories consumed, workouts and sleep data. Look for small improvements over time and celebrate your accomplishments.



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Add coworkers, friends and family

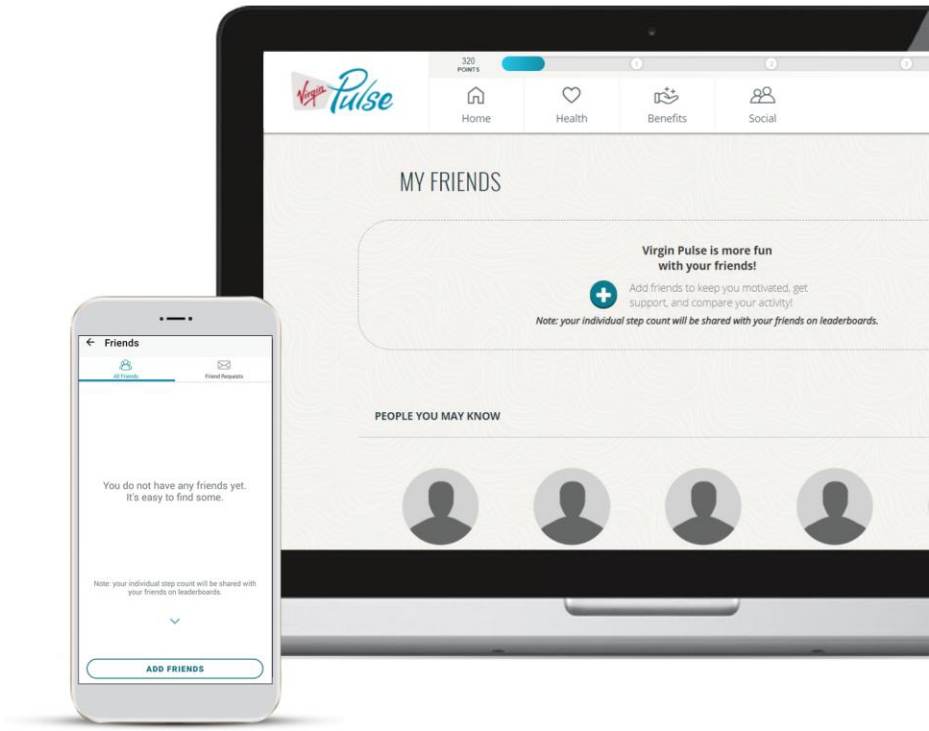
Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

Step 1

Go to **Social** on the top navigation bar and then choose **Friends**.

Step 2

Click on **Add Friends** and choose from **Suggested Friends, Find by Name** or **Friends Outside your Company**.



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Build daily healthy habits

Healthy Habits offer 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

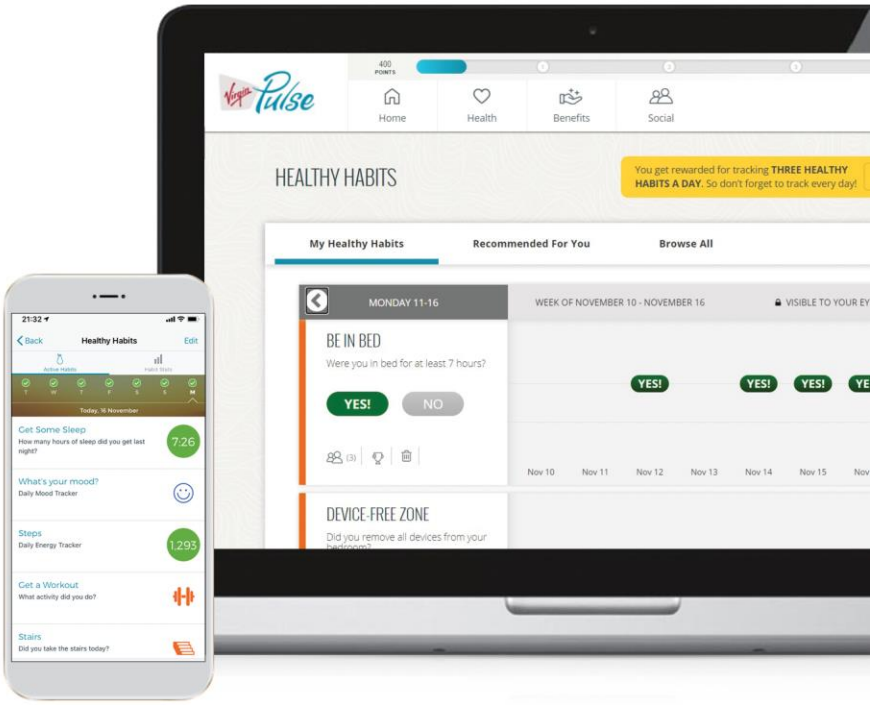
Choose a healthy habit you'd like to work on.

Step 2

Work on it, little by little, every day.

Step 3

Experience the rewards of better health and wellbeing!



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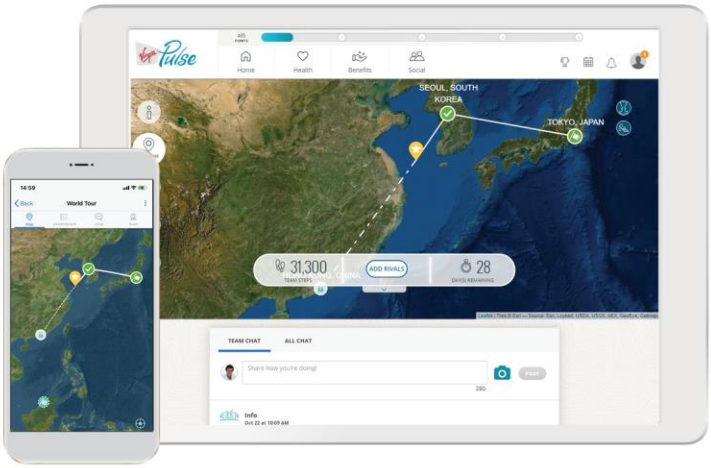
Engage in some healthy competition

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.

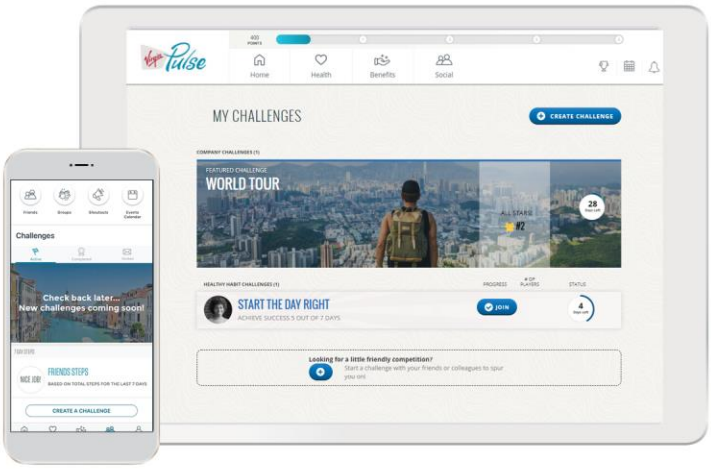
Company challenges

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.

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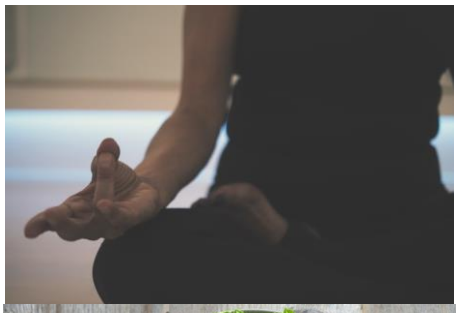
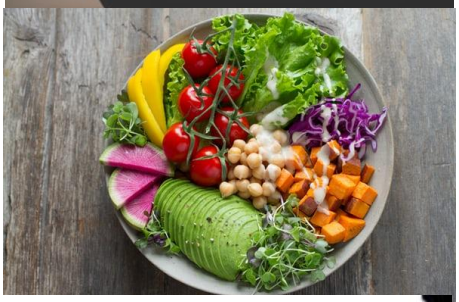
Do
Healthy Things

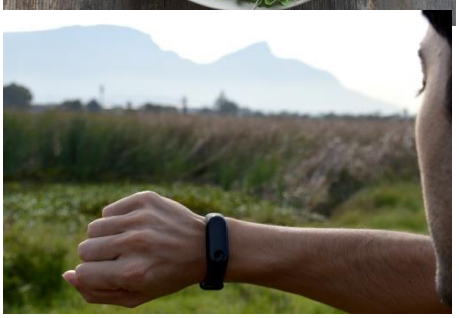
Be
Rewarded

Celebrate
Success

	Activity
Daily	Earn daily points for steps & workouts!
	Track your healthy habits
	Calorie tracking
	Complete healthy habit cards
Monthly	Hit monthly step tracking goals (7k, 10k for 20 days in a month)
	Reach final destination of challenge
	Win promoted healthy habit challenge
	Hit calorie tracking goal and/or sleep tracking goals
	Join a personal challenge
	Complete 10 daily cards in a month
	Create a personal challenge
	Complete a coaching appointment
Quarterly	Complete a Journey
Yearly	MyCare Checklist
	Complete the Health Check Survey
	Complete the Nicotine-Free Agreement
	Ideal or improve health metrics







Complete healthy activities daily to earn points! Hit each point threshold per quarter to be entered into the prize drawing!

- 5,000 Points by 3/30/22- Entry into Prize Drawing
- 10,000 Points by 6/30/22 – Entry into Prize Drawing
- 17,000 Points by 9/30/22 – Entry into Prize Drawing
- 25,000 Points by 12/31/22 – Entry into Prize Drawing

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

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

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