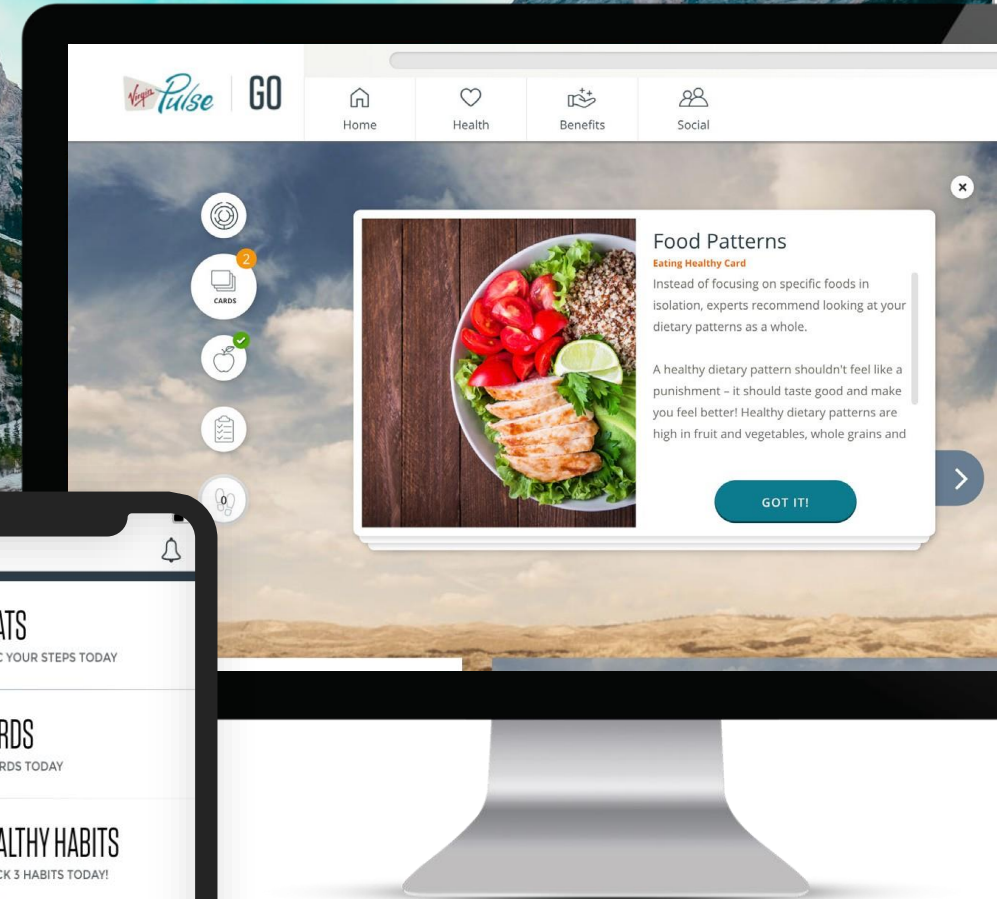
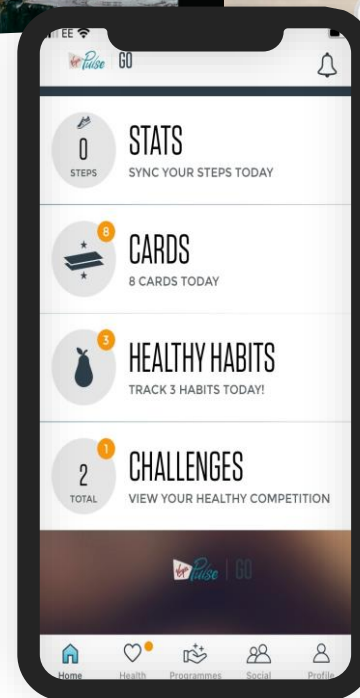
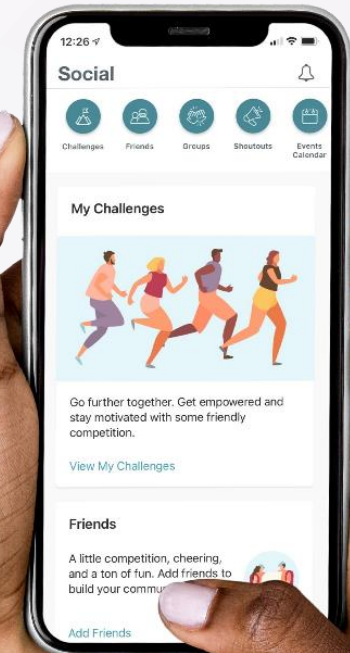


# VP GO User Guide



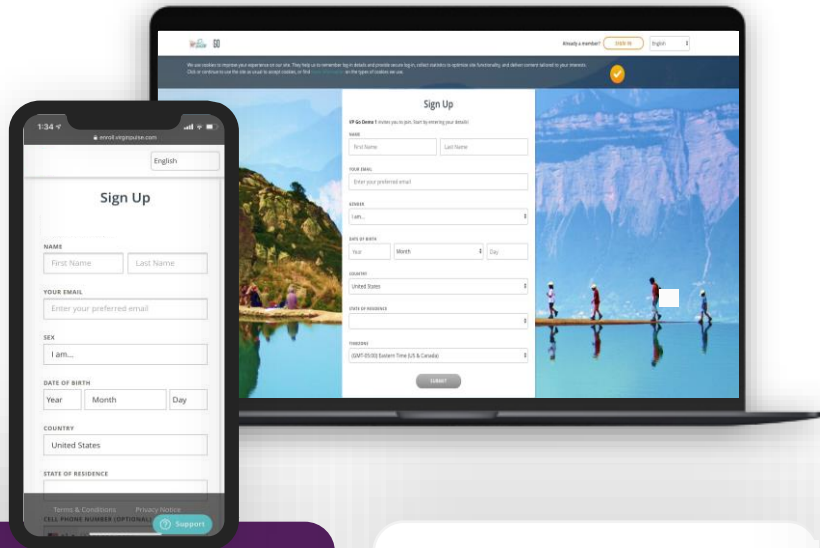
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# How to Get GO-ing

1



## Sign up!

Sign up to VP GO by going to <https://join.virginpulse.com/URL>

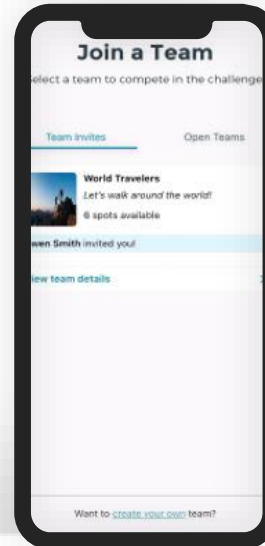
Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com)

2

## Accept T&Cs

Accept our terms and conditions and choose your email preferences to get the latest tips and information. Make sure you confirm your email address and create a strong password

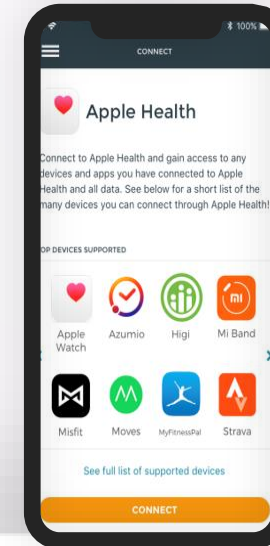
3



## Get Joining

Join an activity challenge  
You can join an existing team or create your own

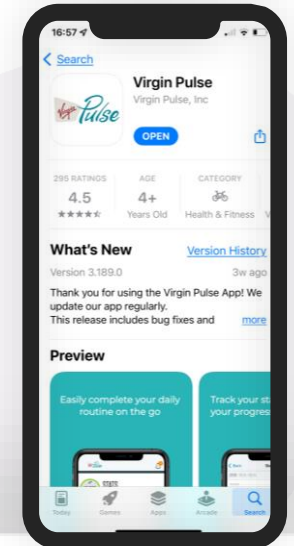
4



## Get Tracking

Choose how to track your activity to get credit for your steps and active minutes. We sync with many devices and apps (Max Buzz, Apple Watch, Fitbit, your mobile phone and more).

5



## Download & GO!

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

# The Adventure Begins

## Ready for some healthy competition?

Compete with your co-workers during a 9-week trek across the globe. Join a team and rally together as you race towards the end.



### Get active your way

To compete in the challenge, you will track your physical activity. You can walk, jog, swim, dance – your choice. It all gets converted to steps. And helps your team move forwards in the challenge



### Visit a new place everyday

As your team mates upload activity, you unlock virtual destinations in the challenge.

From modern cities to nature's most beautiful wonders, get ready to



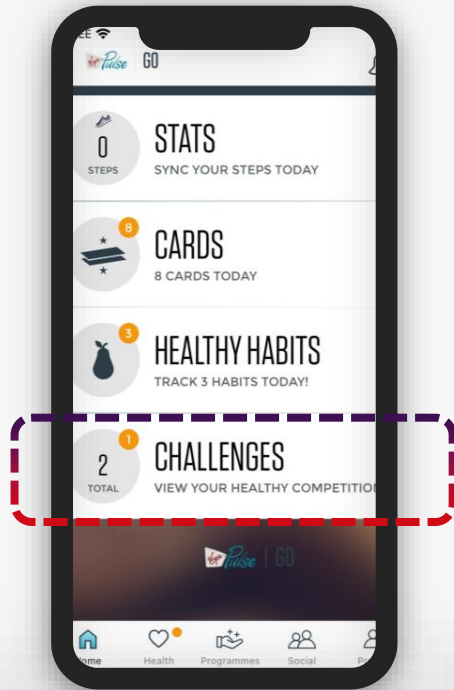
### Follow your rivals

Compete with the teams of your choice. See inside information about their steps and locations – so you can be even more competitive and take the lead.



# How to Join a Team Once Enrolled

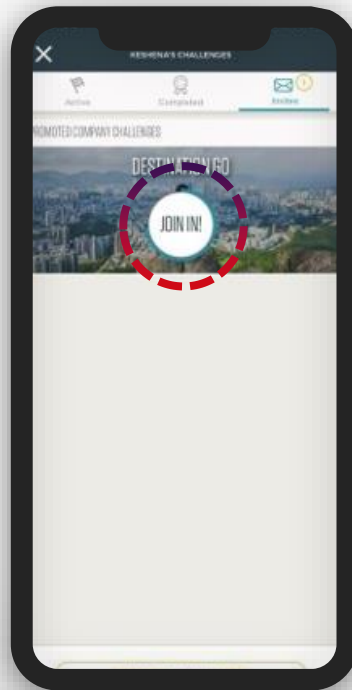
1



## Step 1

Go to **Challenges** via the **Home** menu

2



## Step 2

Click on the blue and white circle that invites you to **join a team**

3



## Step 3

Select **Join a Team**. Browse teams and either search for a team or select a team at random – a great chance to meet new people!

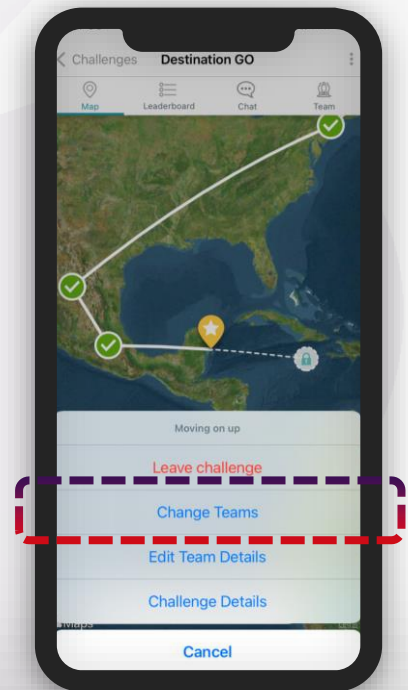
4



## Step 4

Once you have selected your team click **Join Us** and get **GO-ing!**

5



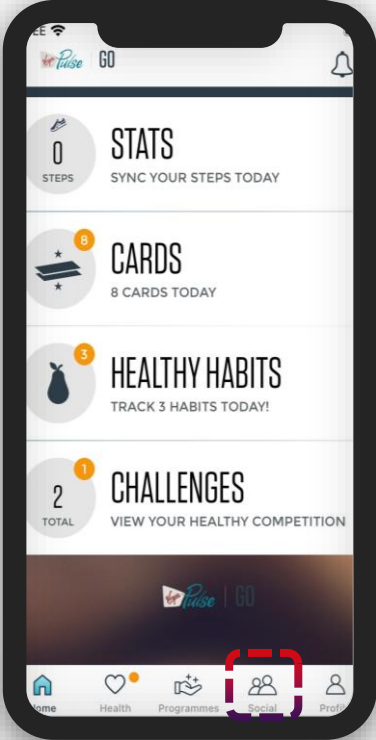
## Want to change teams?

Click on the 3 little dots in the right hand corner to:

- Leave the Challenge
- Change teams
- Read more about the challenge

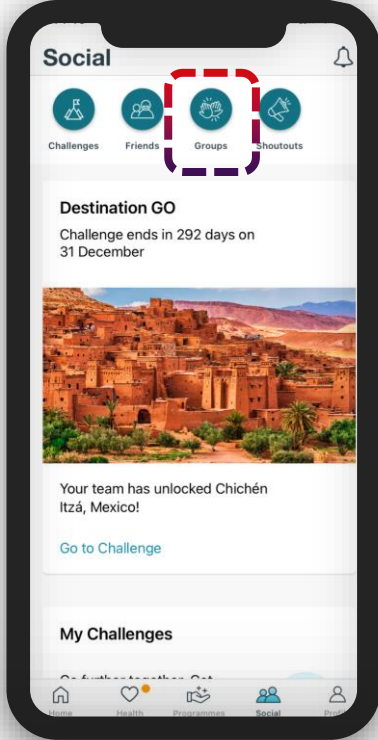
# How to Join a Social Group

1



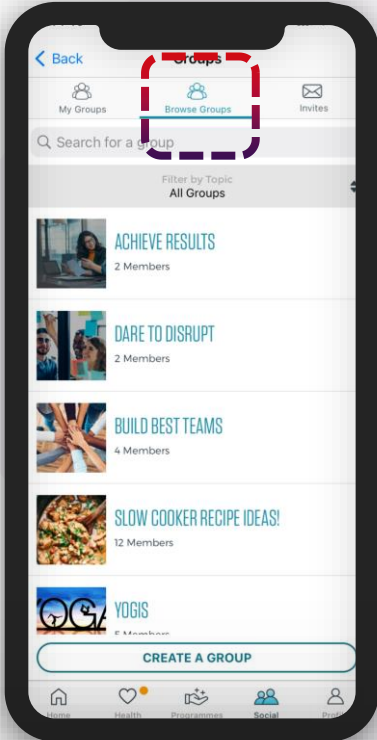
**Step 1**  
Go to **Social Menu** via the **Home** menu

2



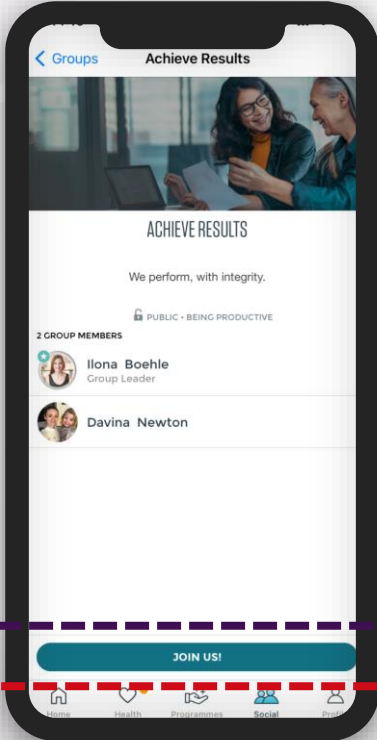
**Step 2**  
Select **Groups**

3



**Step 3**  
Browse existing social groups or **Create a Group**

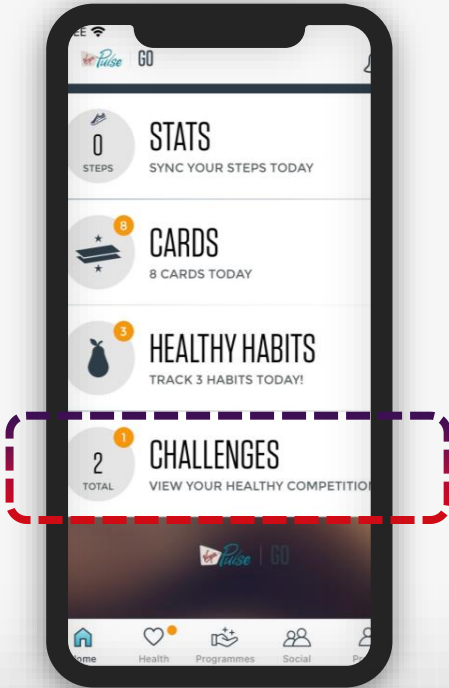
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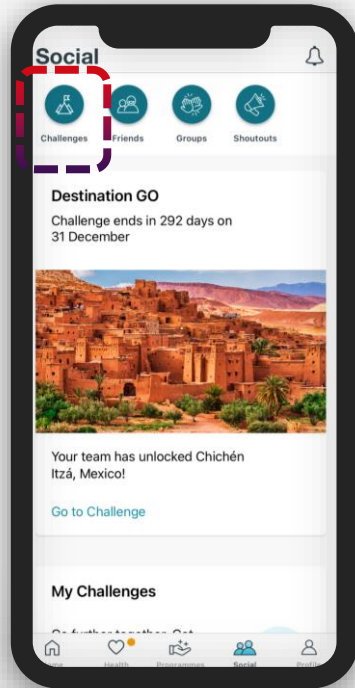
**Step 4**  
Select a group that suits your interests and click **Join Us!**

# How to Add Rival Teams

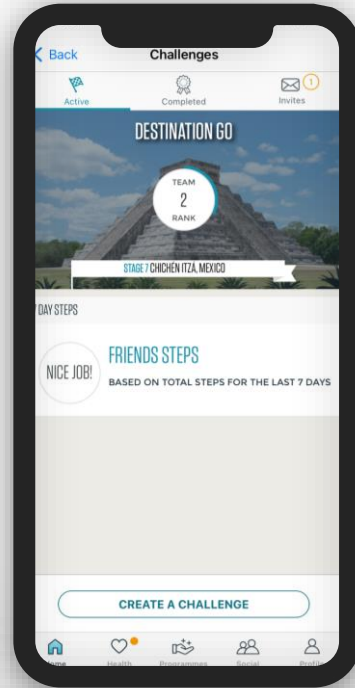
1



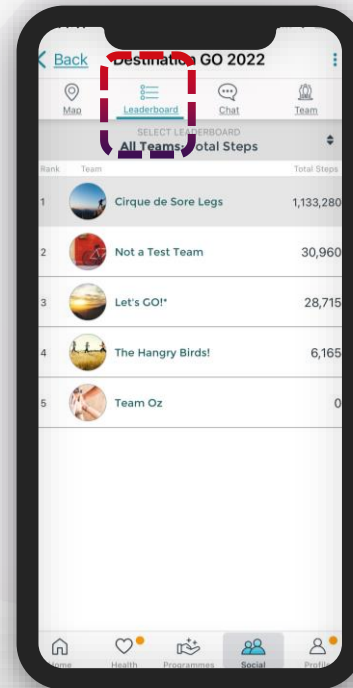
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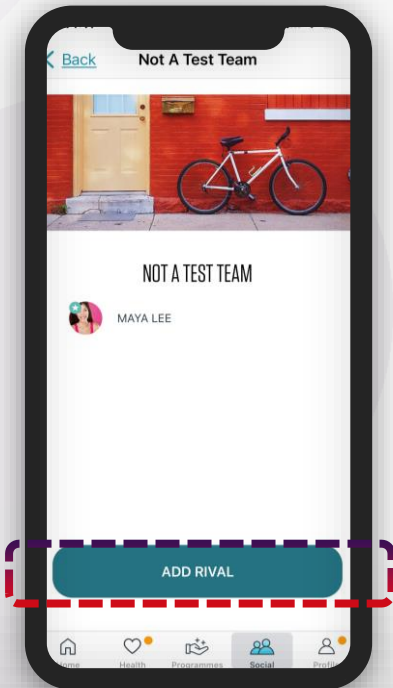
3



4



5



## Step 1

Go to **Challenges** via the **Home** menu

## Step 2

Click on the **Challenges**

## Step 3

Select **Destination GO** from the **Active Challenges** menu

## Step 4

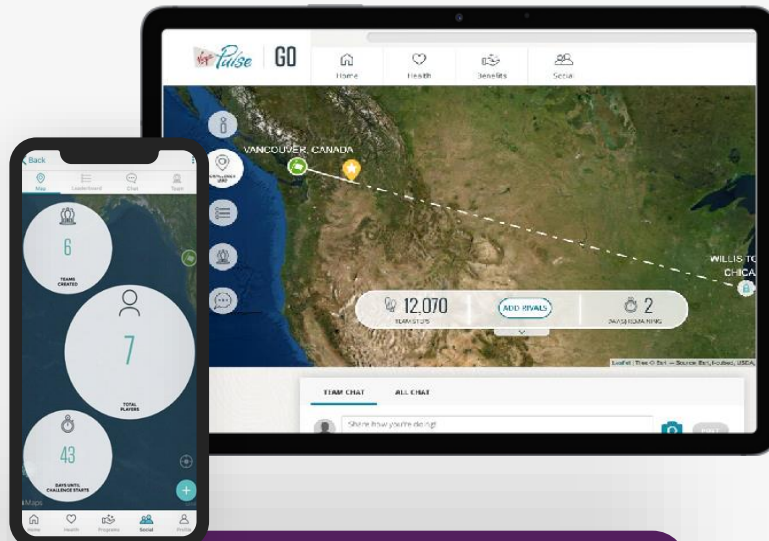
Click on **Leaderboard** to view all the teams competing in the **Destination GO** challenge in your organisation

## Step 5

Click on **Add Rival** and go head to head!

# Destination GO!

1

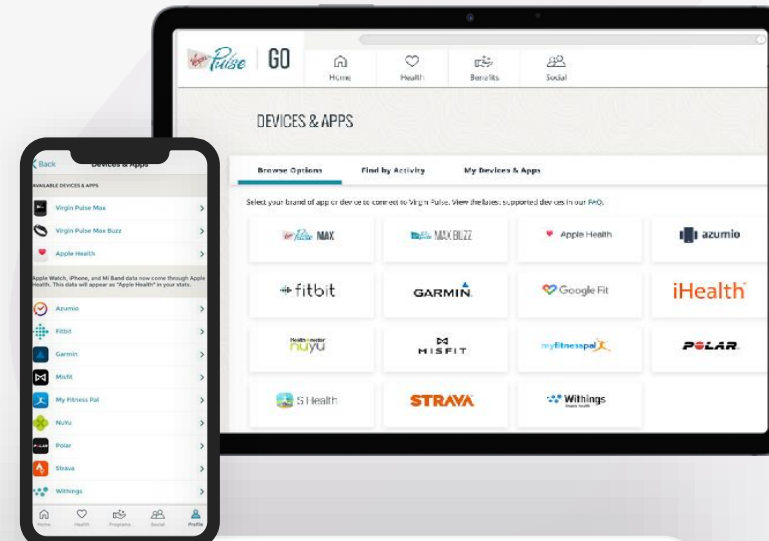


## Step 1

Before the challenge kicks off, **join a team!** Perhaps you'll get invited by a co-worker to join a team. Or check out one of the open teams. You can also create your own team.

If you create your own team, make sure it has **a fun team name** and a **photo**. Then invite co-workers to your team and start amping them up for a competition.

2



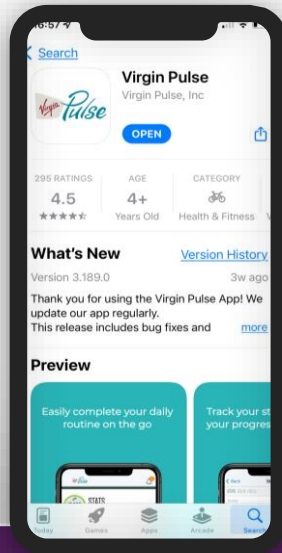
## Step 2

To compete in the challenge, you'll need to track your steps and activity. **It's easy.** You can connect an activity tracker or use your mobile phone to track steps.



# Connecting Your Activity Tracker

1



## Step 1

Download the **Virgin Pulse mobile app**. It's the best way to connect an activity tracker.

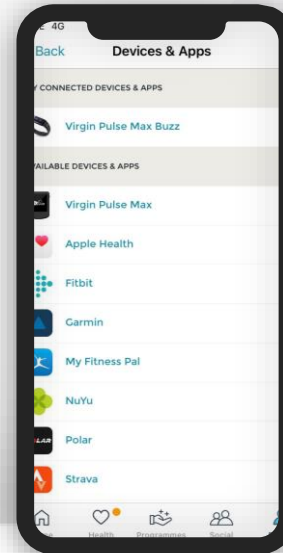
2



## Step 2

Go to **Devices & Apps** in the mobile app menu through clicking on your profile.

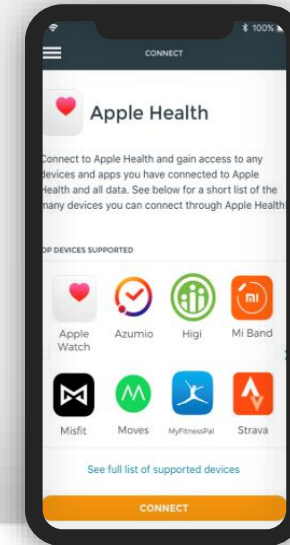
3



## Step 3

Choose the activity tracker, device or app you'd like to connect.

4



## Step 4

Follow a few simple steps. You'll see instructions right on your screen.

# Discover a New You

## Ready for some healthy competition?

Compete with your co-workers during a 9-week trek across the globe. Join a team and rally together as you race towards the end.



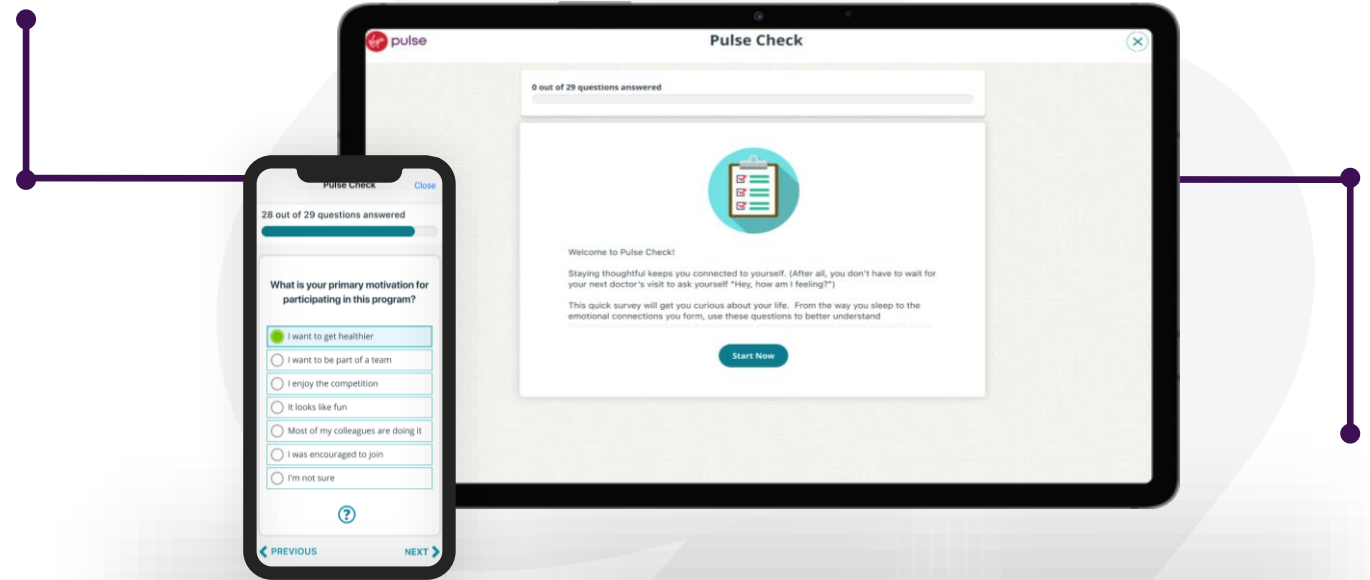
## Take your Pulse Check

Before you start the activity challenge, take the Pulse Check (your personal health assessment). You'll want to take it again at the end of the challenge too, so you can see the impact you made to your health.



## What is it?

The Pulse Check is a short, confidential survey that assesses your wellbeing across 7 factors, from mental wellbeing to nutrition. You get a personalised report and actions to take.



## Step 1

Got to **Health tab**  
Go to **Pulse Check**

## Step 2

Follow the steps to answer questions and get a clear snapshot of your health and lifestyle choices.

## Step 3

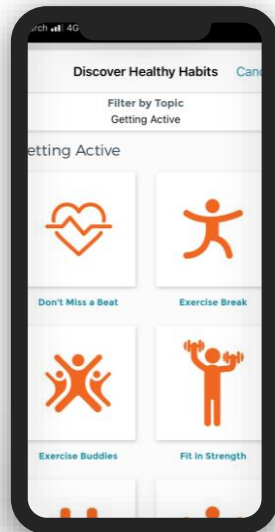
Make sure you take your **Pulse Check** twice – before the activity challenge begins and after it ends.

# Healthy Habits and Mini Challenges

Over time, a small change can make a big difference to your health and wellbeing. That's why VP GO offers easy ways for you to improve your health on a daily basis – called Healthy Habits.

Choose a habit you want to work on. Then try to track the habit every day. You'll also see mini challenges for you to track a specific habit for 5 days out of 7. Compete with co-workers, share ideas for achieving the habit – and see who can make it stick.

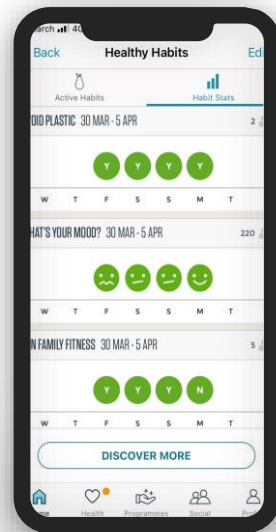
1



## Step 1

Choose a healthy habit you would like to work on.

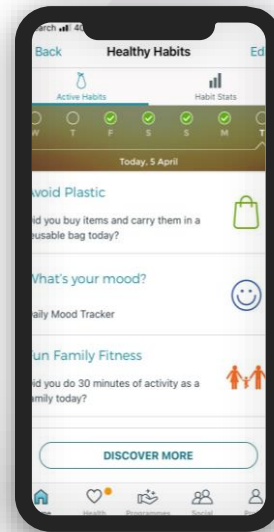
2



## Step 2

Work on it, little by little, every day.

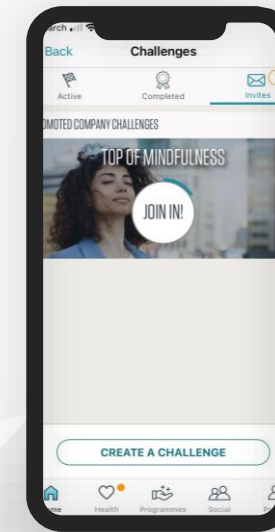
3



## Step 3

Experience the rewards of building a new habit into your daily routine.

4



## Step 4

Look out for 3 fun mini challenges where you and your co-workers track the same healthy habit.

# In 4 months, how far will you GO?

Better health doesn't happen overnight. It's something that happens in bite-size increments over time. That's why we give you quick, easy-to-do tips to help you eat well, get active and feel less stressed.

Check out all of the ways VP GO can help you improve your health and wellbeing.



## Topics of Interest

We've made it simpler than ever to get to the information you want. Explore the Topics section and select the areas you are most interested in learning more about.



## Journeys®

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.



## Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.



## 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.



## Nutrition Guide

Choose what you'd like to work on, like reducing sugary treats or portion control. Then get tips to help you achieve your goals.



## Daily Cards

Every day we'll send you 2 new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.



## Personal Challenges

Create your own challenge and invite your co-workers and friends to join. You choose the type (1 day, weekday, or weekend). Use the chat feature to share your strategy and motivation.



## Shoutouts

No matter how you say it, a little recognition can go a long way. Brighten someone's day with a shoutout.

# Frequently Asked Questions

## What is VP GO?

It's a new wellbeing programme rolled out at your company. It's designed to help you take small steps towards improving your health – through friendly competition and engaging learning experiences.

The main event, Destination GO, is a 9-week activity challenge. You compete with co-workers to see who can get the most steps while trekking across the globe.

## What's the app all about?

It's the best way to use VP GO. Download the app to track your steps on-the-go and interact with the complete programme no matter where you are.

You can get the Virgin Pulse mobile app from the App Store or on Google Play.

## What can I do every day on VP GO?

So much! Sign in to read your daily cards, which are quick, personalised wellbeing tips. You can also build habits and try mini challenges with friends.

Want to sleep better? Eat healthier? Lower stress and be more mindful? You can focus on what matters to you. The options are endless.

## Why is tracking my steps, sleep and habits important?

Tracking your activity, sleep and eating habits can help you see the big picture and set realistic goals for improving your health. When you track small lifestyle changes every day, these steps become habits. Then your habits lead to better health.

## How do activity trackers work?

An activity tracker is a device or app that tracks your activity – such as steps and workout minutes. Some activity trackers also track your sleep, calories burned, stairs climbed and more.

When you join VP GO, we'll ask you to connect an activity tracker or your mobile phone. This way your activity can sync to Virgin Pulse automatically.

## Can I track activity manually?

Yes, you can sign in every day to manually enter your steps, workouts and activities. This will count towards your team's total score in the activity challenge.

## How do I get a Max Buzz?

When you first sign up, you will see a screen to order a Max Buzz right after you join the challenge. If you need an activity tracker, choose this option and enter your shipping information so it gets sent right away! If you forget to order your free Max Buzz during onboarding, you can order it up until a month after the Destination GO challenge starts by navigating to Social > Destination Go > Challenge Details.

**Please note:** We will ship your Max Buzz right to your address – so sign up and order early. Your Max Buzz can only be used by you during VP GO. It only works with the Virgin Pulse mobile app.

# Frequently Asked Questions – Activity Challenge

## What is the Challenge?

When you join VP GO, you'll be asked to join the 9-week activity challenge Destination GO. It's the main event! You join a team with your co-workers – and then compete with other teams in your company to get active.

## How do I get active?

It's up to you. Cycle, walk, swim, dance or something else. Anytime, anywhere. On your own or with a group. During the challenge, you'll use an activity tracker (or fitness device) to track your activity.

## How do I join a team?

We'll show you open teams who are looking for more members. You can join a team with your work friends – or join a team with folks you don't know. They will all be happy to have you! Plus, making new connections is part of the fun.

## Can I create my own team?

Sure! It's easy – just look for the Create Team option. As a team captain, you need to give your team a name and invite your co-workers to join in.

## What are rivals?

These are teams you've chosen to compete with directly. You will follow their progress throughout the challenge to see where they're at. Whether they're a few steps ahead or right on your tail, rivals help you push a little further.

## Where does my activity tracker come in?

During the challenge, you'll use an activity tracker (or fitness device) to track your steps and active minutes. This activity gets uploaded to our app and website – and moves your team ahead in the challenge.

We support many different types of activity trackers (including your mobile phone). Check out the Devices & Apps in the mobile app to get connected.

# Frequently Asked Questions – Activity Challenge

## What if I don't have an activity tracker?

If you don't have an activity tracker, you can:

- Order an activity tracker from our store online.
- Use your mobile phone to track (see instructions below).
- Sign in every day to manually enter your steps, workouts and activities.

## How do I connect my mobile phone?

Always have your phone on you? You can use it to track your daily step activity. It will automatically upload to your Virgin Pulse account.

### For Apple (ios):

- Go to your Profile and then Devices & Apps in the Virgin Pulse mobile app.
- Locate iPhone Steps and choose Connect.
- If you haven't turned on step tracking on your iOS device, you'll be prompted to grant access to Virgin Pulse in the Health Access section.
- You can also get there from your phone's settings. Go to Settings > Privacy > Health.
- Make sure you "turn on" each circle icon next to "Steps".
- Hit "Done" and your steps will automatically be uploaded to your VP GO account.

### For Android

Go to your Profile and then Devices & Apps in the Virgin Pulse mobile app.

Locate Google Fit or S Health and choose Connect.

Once Google Fit or S Health is connected, your Android steps should start flowing to your Virgin Pulse account.

Note: Android steps will only show up in the Virgin Pulse app if your Android steps are the highest count of steps available from any connected device or app.

## Have more questions or need to reach us?



We're here to help! Email our member support team at: [vpgosupport@virginpulse.com](mailto:vpgosupport@virginpulse.com)