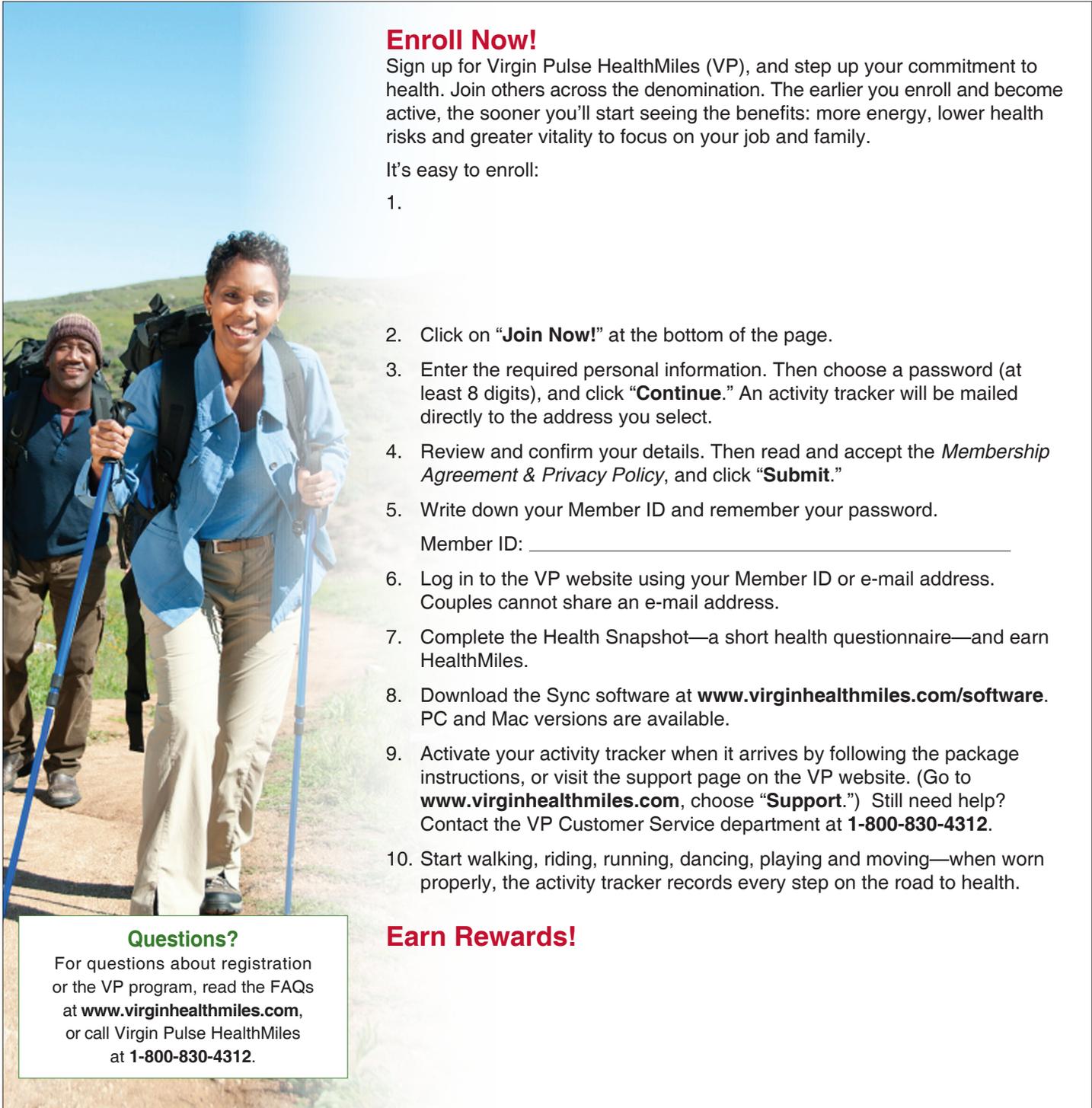




Center for Health

Virgin Pulse HealthMiles Enrollment Instructions



Enroll Now!

Sign up for Virgin Pulse HealthMiles (VP), and step up your commitment to health. Join others across the denomination. The earlier you enroll and become active, the sooner you'll start seeing the benefits: more energy, lower health risks and greater vitality to focus on your job and family.

It's easy to enroll:

- 1.
2. Click on "**Join Now!**" at the bottom of the page.
3. Enter the required personal information. Then choose a password (at least 8 digits), and click "**Continue.**" An activity tracker will be mailed directly to the address you select.
4. Review and confirm your details. Then read and accept the *Membership Agreement & Privacy Policy*, and click "**Submit.**"
5. Write down your Member ID and remember your password.
Member ID: _____
6. Log in to the VP website using your Member ID or e-mail address. Couples cannot share an e-mail address.
7. Complete the Health Snapshot—a short health questionnaire—and earn HealthMiles.
8. Download the Sync software at www.virginhealthmiles.com/software. PC and Mac versions are available.
9. Activate your activity tracker when it arrives by following the package instructions, or visit the support page on the VP website. (Go to www.virginhealthmiles.com, choose "**Support.**") Still need help? Contact the VP Customer Service department at **1-800-830-4312**.
10. Start walking, riding, running, dancing, playing and moving—when worn properly, the activity tracker records every step on the road to health.

Questions?

For questions about registration or the VP program, read the FAQs at www.virginhealthmiles.com, or call Virgin Pulse HealthMiles at **1-800-830-4312**.

Earn Rewards!

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General Board

Pension and Health Benefits

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