

## Build a better you

The **WellbeingHub™** helps you live better and achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

## How to register

1. Log in or sign up for your member account at [member.priorityhealth.com](https://member.priorityhealth.com)
2. Choose **Wellness**, then click **Wellbeing Hub**
3. Accept the terms and conditions

If you prefer an app experience, download the Virgin Pulse app from the App Store or Google Play.



## Personalize your experience

- Set your interests to get personalized wellness tips
- Choose your email preferences
- Connect an activity tracker
- Upload a profile picture and add friends

## Getting started

You're registered and signed in—now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

### Health Assessment

The Health Assessment asks questions about your current health status and wellness habits. Once completed, your responses will be analyzed to generate a health score, show your health risks and provide practical tips to help you improve. Complete the survey by visiting **Health Assessment** under the **Health** tab.

### Daily Cards

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

### Healthy Habits

Whether it's learning new things, being productive or building relationships, select the Healthy Habits you want to work toward and track your progress every day. Repeating small steps daily helps reinforce the habit and build it into your routine.

### My Care Checklist

My Care Checklist is an easy way to keep track of your health care history and remind you when you are due for well visits, routine screenings and vaccinations. Manage your health by keeping track of your health checkups all in one place.

## Progress toward your goals

We'll help you make small, everyday changes, focused on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun and experience the lifelong rewards of better health and wellness. Plus, you'll earn points as a fun way to track your health progress all year long.

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

### Here's a sampling of how you can earn points during the year:

	Ways to Earn	Points
Daily	Take 8,000 steps in a day	80
	Do your Daily Cards	20
	Track your Healthy Habits	10
Monthly	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps (20 days during the month)	400
	Track Healthy Habits (20 days during the month)	300
Quarterly	Set your interests	100
Yearly	Set a wellbeing goal	200
	Tobacco-Free Agreement	100

## Additional activities

Prioritize and personalize your experience by engaging in resources to help improve your wellness:

**Challenges:** Team up or go head to head to challenge your friends and family and track healthy habits.

**Social Groups:** Discuss your favorite hobbies and find a like-minded community to support your healthy changes.

### Have questions? We're here to help.

- Check out [support.virginpulse.com](https://support.virginpulse.com).  
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 855-927-2166, Monday–Friday, 8 am–9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

### Unsure if you can fully participate in this program because of a disability or medical condition?

Visit [support.virginpulse.com](https://support.virginpulse.com) and check out the Medical Exceptions section under **My Account**.

