

## Signing up is easy

We'll help you make small, everyday changes for your wellness and focus on the areas you want to improve the most. Signing up is simple. Visit **join.virginpulse.com/PEIA** or open the app and select **Create Account**.

## Download the app:



## Follow the progress bar as you complete these easy steps:

Agree

Create

Finish

Be active

**Tell us who you are.** We'll ask for a few details about you and your sponsor organization to check your eligibility. Some of the fields may already be filled.

Terms and conditions. Accept the terms and conditions.

**Create your account.** Add your email, make a password and give us some additional details to customize your experience.

You're all set. Your account is ready. Click Take Me There to sign in.

**Check in a few times a week.** Track your activity and get tips to help you eat healthy, get active, reduce stress, sleep well and more.



