



**Kick-start
your wellbeing!**

User Guide

Getting healthier is easier when you do it with friends. Participate in fun challenges with your coworkers to help you build healthy habits and experience the rewards of better health. Are you ready? Brace yourself for some serious cheering, competition and fun along the way!

Have questions? We're here to help.

- Check out support.virginpulse.com
- Send us an email: support@virginpulse.com



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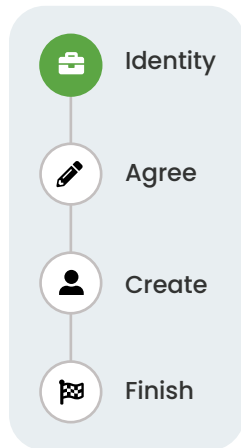
Sign up and get started



Step 1

Visit join.virginpulse.com/tridentseafoods or open the app and select **Create Account**.

Follow the progress bar as you complete these easy steps:



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.

Legal and privacy. Review and agree to the rules, data collection and privacy policy.

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.

Step 2

Connect a device or app to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

Step 3

Upload a profile picture and add some friends.

Step 4

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

Step 5

Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.



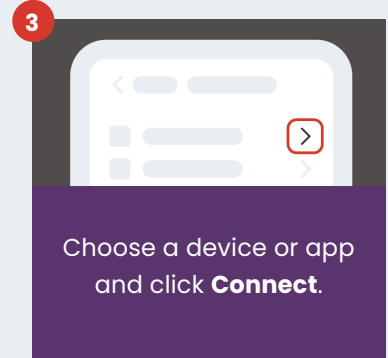
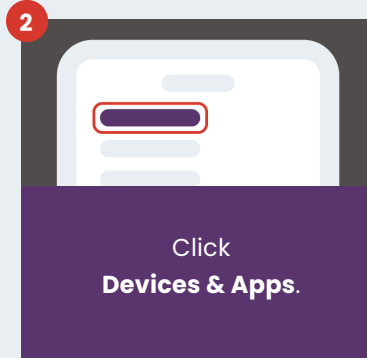
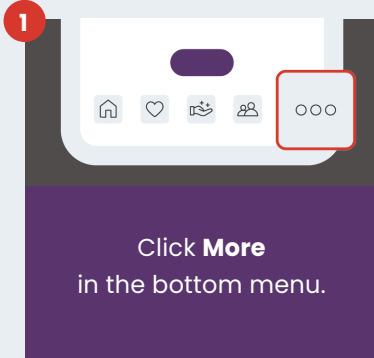
Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place. Be sure to sign in to your Virgin Pulse app **at least once every 14 days** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Scan the QR code to download the app.



Connect a device or app

Download the Virgin Pulse app, then follow these easy steps:



Compatible devices and apps

Virgin Pulse supports a variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:



Ways to engage

Engage in activities that fit your interests

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

Challenges

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.

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.

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!

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.

Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile.

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

Media Library

The Media Library offers interactive videos led by our team of trainers and coaches on a variety of topics. There's something for everyone.

Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

My Care Checklist

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

Phone Coaching

Talk to a coach over the phone to set goals and get one-on-one support, expert guidance and answers to your questions.

Create a challenge

About challenges:

Personal Challenges

Create a personal step challenge to increase your activity for one, two or five days in a week. Make sure your fitness tracking device or app is connected to your account and start stepping. Invite your coworkers and friends for some friendly competition and see who comes out on top.

Healthy Habit Challenges

You can create a challenge for a Healthy Habit you're currently tracking or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances and more. Simply track it every day in order to reach your goal.

How to start a challenge:

Step 1

From the **Home** page, go to the **Social** tab, select **Challenges** and then select **Create**. Once you're in this section, choose **Personal Challenge** or **Healthy Habit Challenge**.

For Personal Challenges, you'll choose the duration of the challenge and start it up.

For Healthy Habit Challenges, you'll select the habit you want to work on, write a personal message and get it started.

Step 2

Now that your challenge is set up, invite others to join! Select **Invite Players** and you'll have the option to invite from your friends list, search for friends or invite a group. You can also add an email list of up to 250 people.



Things to explore:

Leaderboard

If you're in a group challenge and are competitively motivated, take a look at the Leaderboard in the app to see who's in the lead. If you're falling behind, put the pedal to the metal and aim for that #1 spot.



Try Journeys[®]

How to get started:

Step 1

Open the Virgin Pulse mobile app or go to the website and find **Journeys** in the **Health** menu.

Step 2

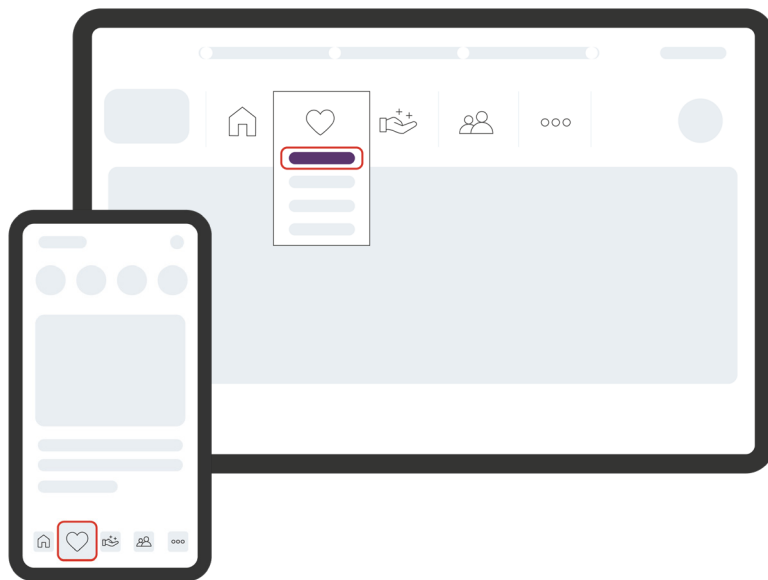
Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.

Step 3

Click on the Journey you would like to learn more about. Click **Start** to begin your Journey.

Journeys can help you:

- Reduce stress
- Embrace diversity, equity and inclusion
- Increase your healthy nutrition knowledge
- Add more physical activity throughout the day
- Improve sleep



Work with a coach

Reach your health goals, together

Making changes to your health routine isn't always easy. Whether you're starting to exercise, training for a marathon or anything in between, our health coaches help motivate and encourage you along the way. Connect with a coach to set goals, monitor your progress and get extra tips to keep going.



What to expect

Your first session will help you build a meaningful relationship with your coach. Together, you'll work to find small steps you can take to make progress toward your goal. During your follow-up sessions, you'll update your coach on your progress and plan next steps to help you stay on track.



Coaching topics

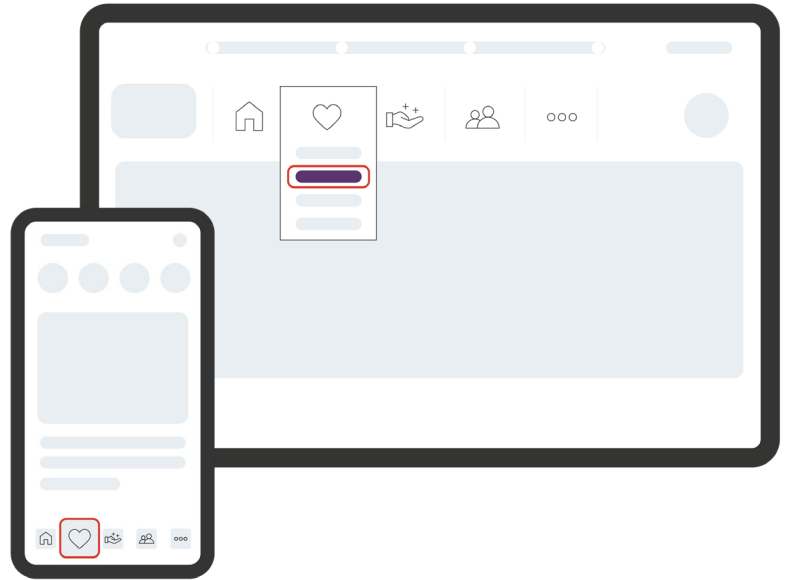
Choose a topic that you'd like to cover with your coach, such as Get Active, Eat Healthy, Reduce Stress, Manage Weight, Sleep Well or Be Tobacco-Free.

Get a coach

How to get started:

Step 1

Once you're signed in, go to the **Health** tab and select **Coaching**. If you have the app, just scan the QR code:



Step 2

Select **Schedule a Session** and then pick your preferred topic by clicking an image.

Step 3

Choose an available date and time that works for you.

Step 4

Enter your phone number, and click **Confirm Appointment**.

You'll receive convenient appointment reminders through your email, mobile device or both!



“Having someone to talk to actually made me enthused to take these simple, easy steps. I am gradually feeling less stressed, and I’m motivated to continue.”

— Rosie



**Earn up to
\$900
per year!**

Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to \$500 in HSA/HRA contributions and \$400 in Pulse Cash in 2024.*

Complete these activities to earn an HSA or HRA contribution for 2024:

Complete by December 1, 2024	Annual physical exam	\$500
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Total HSA or HRA contribution = \$500

Participate in additional healthy activities throughout the year to earn points and watch your additional Pulse Cash add up.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	40,000	60,000	
Pulse Cash	\$100	\$100	\$100	\$100	\$400

*Employees and spouses enrolled in a Trident medical plan can participate in the Incentive Program. Employees (and eligible spouses) must be actively employed by Trident at the time of rewards payout to receive rewards.

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check survey	1,000
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Browse healthy recipes	10
	Complete a step in Journeys®	20
	Win the promoted Healthy Habit Challenge	200
	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
★ Track sleep 10 days in a month	100	
Monthly	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Join the company challenge	100
	Complete a coaching appointment	500
	Choose your eating type	250
Quarterly	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
	Set a wellbeing goal	200
Yearly	Complete the Nicotine-Free Agreement	100
	Invite a colleague to join	50

★ Earn bonus points!

Want to reach Level 4? Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Who's eligible?

Employees and spouses enrolled in a Trident medical plan are eligible to participate in the Incentive Program.



Not a member yet?
Get the mobile app or visit:
join.virginpulse.com/tridentseafoods

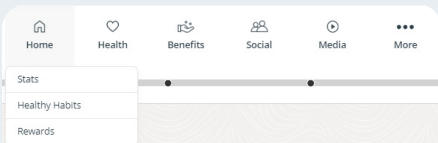


Self-attestation guide

Self-report your annual physical exam completion through Virgin Pulse to earn \$500 to your HRA or HSA!

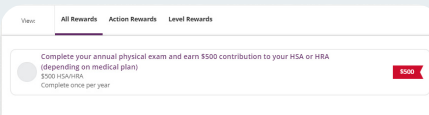
Step 1

Sign in to your Virgin Pulse account. Select the **Home** tab, and then navigate to **Rewards**.



Step 2

Select **All Rewards**, then **Complete your annual physical exam and earn \$500 contribution to your HSA or HRA (depending on medical plan)** action.



Step 3

Fill out the required fields on the form, then upload documentation to verify the completion of your exam by using the **Choose File** option and select **SUBMIT**.*

Complete your annual physical exam and earn \$500 contribution to your HSA or HRA account (depending on medical plan)

*Any documentation that reflects the date of your visit AND your physician's name and contact information is acceptable. This can be a visit summary, a MyChart screenshot, or other documentation from your exam. Files must be 1.91 MB or less.

Not a member yet?

Don't miss out on all the fun! Get started today by going to join.virginpulse.com/tridentseafoods.



Scan the QR code to download the app.

