

About the new Live Your Whole Life Program

At Trinity Health, we believe that our own spiritual, mental, emotional, physical, financial and social well-being positively affects the quality of life not only for ourselves, but also for our families and those we serve. Register today to experience *Live Your Whole Life* in a whole new way.

Key changes:

- New mobile app
- Peer to Peer challenges
- Add friends and family (up to 10) to support your well-being journey.
- Challenge yourself quarterly and achieve level 4 by completing *Live Your Whole Life* activities.
- Join a group to stay motivated, chat with others, and achieve goals together.

Have questions? We're here to help.

Check out support.virginpulse.com

Live chat on mybenefits.trinity-health.org/lywl

Monday – Friday 8:00 am to 9:00 pm EST

Not sure if you can fully participate in this program due to medical hardship? Check out the Program Page to access the Participation Exception Request Form.

Already a member? Log in at mybenefits.trinity-health.org/lywl.

Give us a call: (855) 491-8781

Monday – Friday, 8:00 am to 9:00 pm EST

Send us an email: support@virginpulse.com



PO Box 2260
Minneapolis, MN 55402-0260



New opportunities with *Live Your Whole Life* are available now.

Small steps lead to big changes.

Welcome to the new and improved
Live Your Whole Life platform.





How to get started

Step 1 Sign up for your new *Live Your Whole Life* account by going to mybenefits.trinity-health.org/lywl.

Step 2 Accept the terms and conditions, and choose your email preferences to get the latest tips and information.

Personalize your experience by completing these steps:

Step 3 Connect a device to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

Step 4 Download the **Virgin Pulse mobile app** in the App Store or Google Play and you can access *Live Your Whole Life* anywhere, anytime.

Step 5 Upload a **profile picture** and add some **friends**.

Step 6 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!



Get quick, simple tips

Learn easy-to-do, daily tips to help you get more active, eat well, manage life's ups and downs — and much more.

Pillars and Topics

We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need — fast.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

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.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Journeys® Digital Coaching

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.

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.

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.

Healthy Habits

Get bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful.

Engage in some healthy competition

Rally your colleagues for the latest Trinity Health step challenge! Or gather a small group of colleagues or friends, and challenge one another to start a new healthy habit.

Trinity Health Challenges

Stay tuned for company-wide challenges where you can go head-to-head with friends and rivals across your organization. Post comments to cheer each other on.

Healthy Habit Challenges

Challenge your colleagues and friends to track a healthy habit for 5 out of 7 days. Use the chat feature to share your strategy for achieving the healthy habit each day.

Personal Step Challenges

Challenge your colleagues and friends to a step-off. You choose the type (1 day, weekday, or weekend) and then invite your colleagues and friends. Use the chat feature to share your strategy and motivation.

