



Nurture social connections to improve health outcomes and foster a sense of community

Empower members to prioritize their social wellbeing

What is the key to an effective health and wellbeing program?

A program that's built upon foundational whole-person and holistic approaches with social wellbeing as a cornerstone.

From meeting your members' unique engagement preferences to supporting them across their wellbeing journey, your program needs a variety of physical, emotional, financial, and social wellbeing tools¹ for the biggest impact.

In fact, having a social network is linked to reduced risk of depression and anxiety, lower stress levels, increased motivation to engage in self-care, and longer life.² Social connectedness creates a sense of belonging and inclusion that people inherently need to thrive.



Through all the features of Virgin Pulse, it really allowed us to stay connected to our employees and it actually allowed us to reach more people that normally wouldn't come to our events and who, now because of social isolation, were reaching out and needing some sort of that social aspect.

Lili Rojas
Montgomery County
Government

Know the facts

- Approximately [half of U.S. adults](#) report experiencing loneliness, with some of the highest rates among young adults.
- In 2022, people with a physical and/or mental health diagnosis were [over three times more likely](#) to be chronically lonely (3.3% vs 11.2%).
- In 2023, [82% of employers](#) plan to focus on social connectedness, and 79% plan to focus on community.
- [16 studies](#) shows poor social relationships were associated with a 29% increase in heart disease risk and a 32% increase stroke risk.
- [At least one-third](#) of people in every country studied said they needed support or help in the past 30 days.
- [13% of workers](#) from minoritized ethnic groups are more likely to feel they often or never have anyone to talk to at work (compared to 9% of white workers). 37% also feel their colleagues are like strangers to them (compared to 27% of white workers.).

Ready to get social? Virgin Pulse can help!

Foster a supportive community

Peers help with accountability while offering support and encouragement. Members can grow their support network by:

- Inviting up to 5 colleagues to join a year
- Adding up to 10 Friends and Family members
- Joining or collaborating with your Wellbeing Champions Network

Increase engagement

Motivate your members to strengthen their support system by:

- Connecting through Interests via Social Groups
- Recognizing peers with Shoutouts
- Encouraging friendly competition with Virtual Challenges

Elevate your program

Deepen your members' support by:

- Adding 1:1 Virgin Pulse Coaching for your US-based members (phone call or chat)
- Offering Emotional, practical, and physical wellbeing support to employees and their families around the world with Workplace Options' Global Coaching and EAP
- Incorporating Workplace Health & Wellbeing Team Members to help you evolve and grow your health & wellbeing program



You've been incredibly helpful, and I appreciate the accountability and check-ins. I just told my coworker how much I love having my own coach! I am feeling more connected and less lonely than before, without a doubt. It's nice to have plans with friends to look forward to!

- **Member after working with a Virgin Pulse Coach**

New and existing ways to cure the loneliness epidemic with Virgin Pulse



80+ Challenges in our Challenge Library



Join & create **Social Groups** based on interests



Use **Shoutouts** to share appreciation and words of encouragement



Invite up to 10 friends & family members



Incentivize Members with **rewards & trophies**



Learn more and opt into the Challenge

New! Global Connect Challenge

Support your members in making and deepening connections in all areas of their lives.

The more steps we take together, the stronger we become.

- 5-stage, 5-week Challenge launching on October 23
- Clinically-validated content
- Proactive support in a heightened period of loneliness (holiday stress)
- Create a movement with multiple orgs participating simultaneously