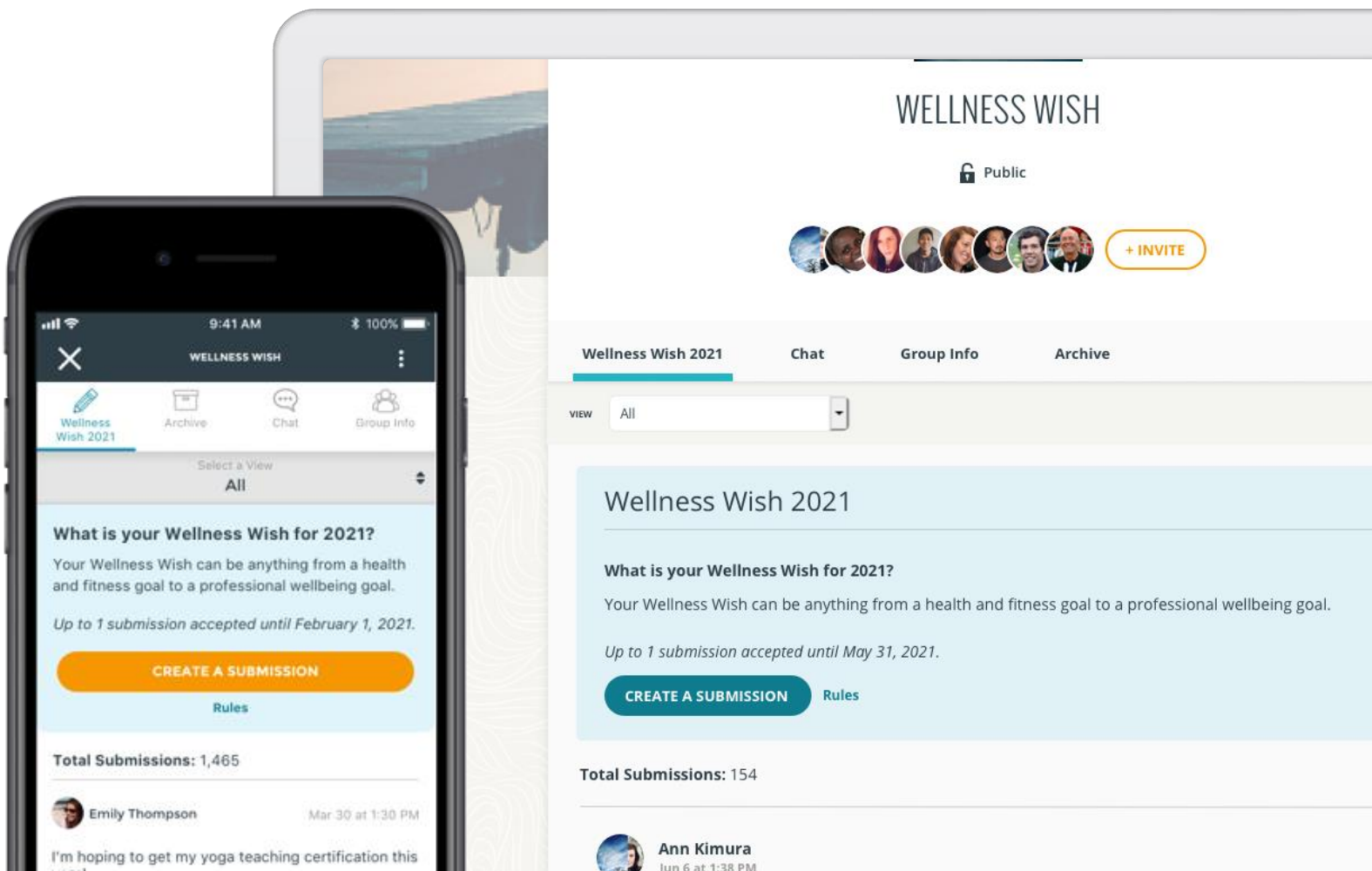


# Social Group Boards

Boost motivation and accountability among employees who share a common wellness goal

Social Group Boards are an effective way to create a sense of community and accountability with their peers on the Virgin Pulse platform, resulting in increased engagement and healthier habits



# Drive Engagement and Enhance Social Connectedness with Social Group Boards

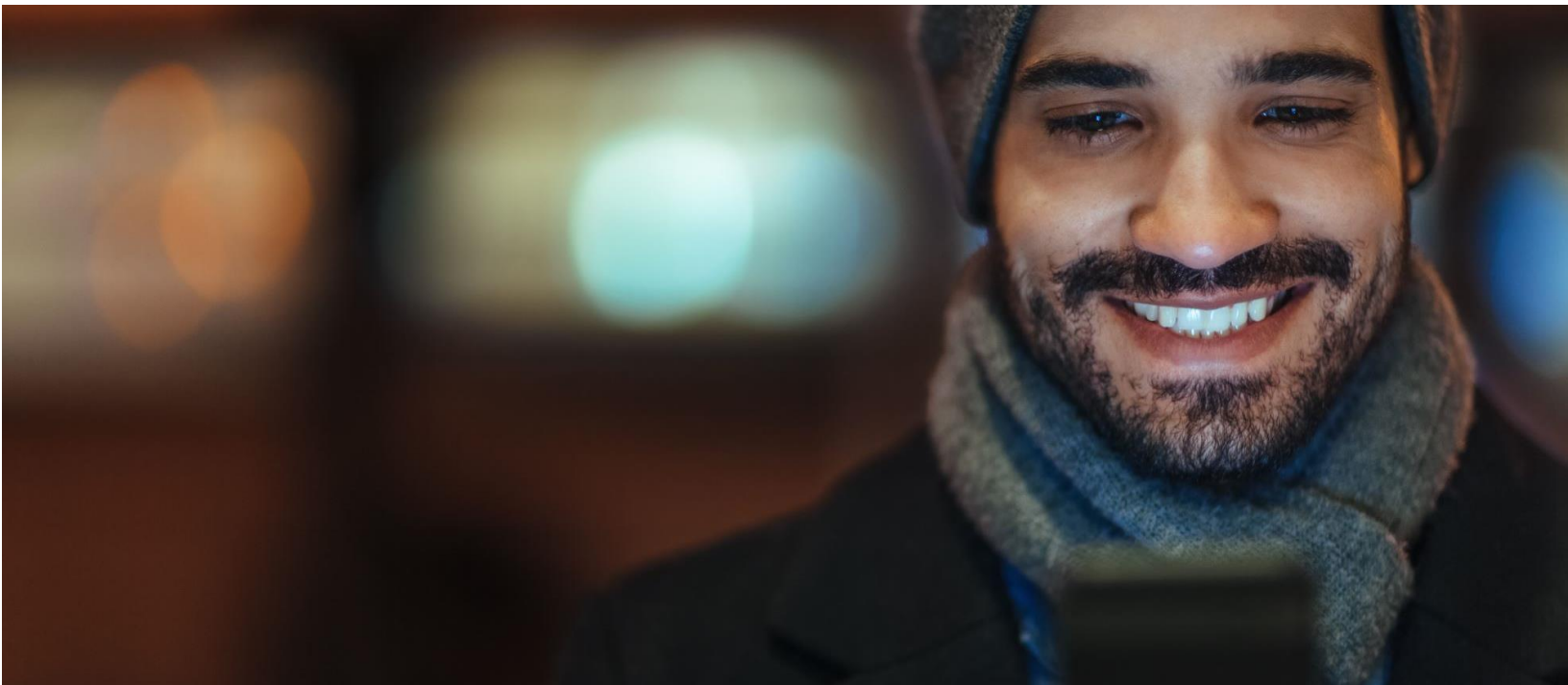
## Create a Sense of Belonging

- Social connections can lower anxiety and depression, help regulate emotions, and lead to higher self-esteem and empathy.
- With Social Group Boards, employees can participate in conversations in a common social group.
- Social Group Boards engage employees while create a peer-to-peer connectedness.

## Healthy Habits & Motivation

- Improves employee health and productivity and increases employee commitment to the organization.
- Contests, advice, and idea-sharing reinforce a sense of community that keeps employees motivated to continue to build on their healthy habits.

**Social Group Boards support social connections by allowing social groups to have additional options for a public forum, creating a sense of community and belonging.**



**Ready to take your employee wellbeing program to the next level? Talk to an expert at Virgin Pulse to get started.**

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