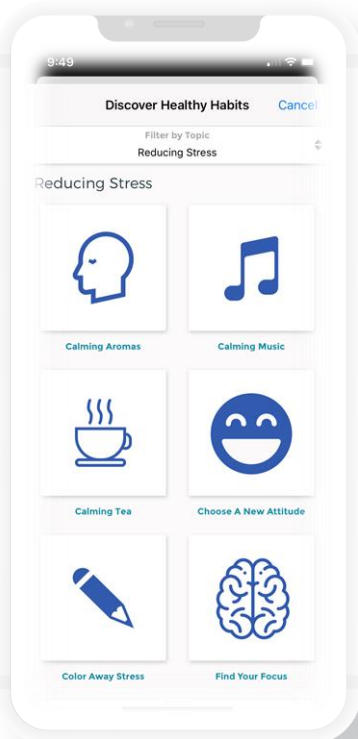


Mental Wellbeing

Resources, content, and tools that support members' unique needs around anxiety, depression and reducing stress



Beat the Blues

Sources

HEALTHY HABIT GOAL:

Beat the Blues



Did you take action to cope with sad feelings today?

The steps in this Journey will help you prepare and practice for tracking this habit.

Time To Build The Habit:
22 Days

How to Get There:

- 1 Check in each day for your next step. It only takes a minute.
- 2 Often, your daily step will ask you to do something, but sometimes, all you need to do is read the step.
- 3 Once you've done enough steps, we'll prompt you to add the habit above. Try to track this habit every



ABOUT THIS JOURNEY

Everyone has down moods from time to time. Feeling stress, anger, overwhelm you. But coping well can make you stronger. Understand sadness and depression. Gain new habits to help you understand when to ask for help and support.

START



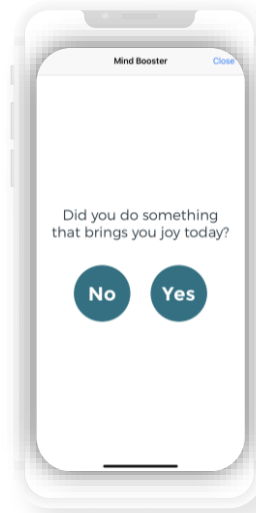
Know Triggers

If you're prone to anxiety, it helps to know your triggers. Keep a journal and write down when you feel anxious. Some common triggers are work, family or finances. Once you know your triggers, try to avoid them. Or make a plan for handling them.

GOT IT!

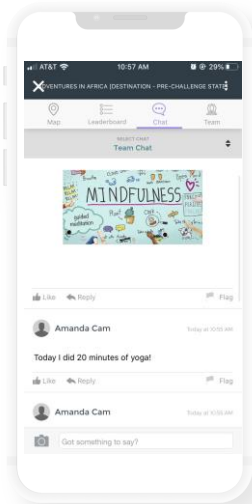
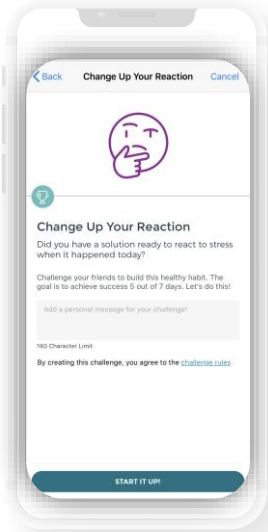
Daily Tips

Personalized daily tips based on their selected interests. The cards take a micro-learning and small steps approach to cue healthy actions.



Healthy Habits

Support successful behavior change by triggering members to make small but daily changes in their lifestyle.

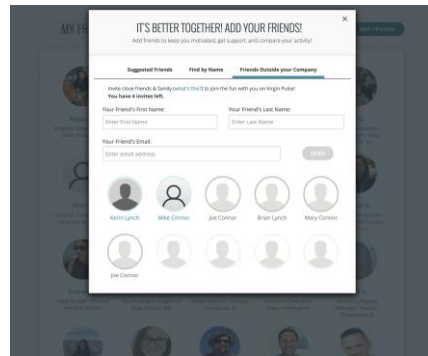


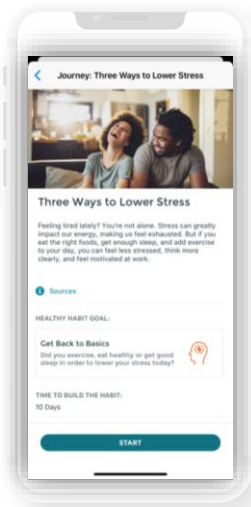
Personal & Spotlight Challenges

Peer to Peer challenges to drive improved habits across all aspects of wellbeing. Supportive group competition that goes beyond activity-based challenges focusing on mental wellbeing. Includes enhanced participant on-boarding, rich educational content to improve health literacy, and immediate access to resources.

Friends & Family

Members can invite up to 10 Friends & Family to participate in Virgin Pulse to support their health journey.



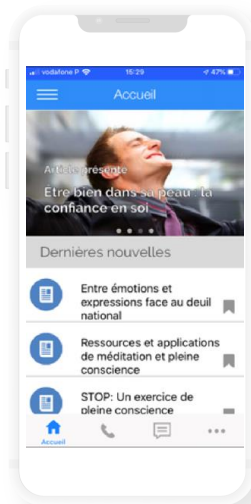
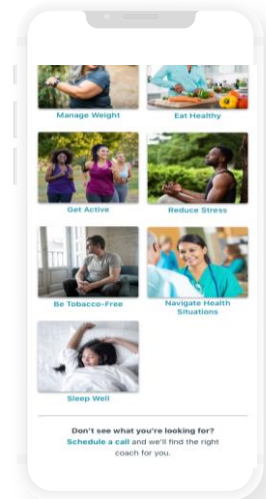


Digital Coaching Journeys

Each Journey breaks a key behavior or a larger goal into smaller achievable steps, helping people improve their health literacy and form new habits as they go.

Live Coaching Services

1:1 telephonic coaching where members are matched to a coach based on their goals and preferences, across all lifestyle topics, including mental wellbeing. US only.

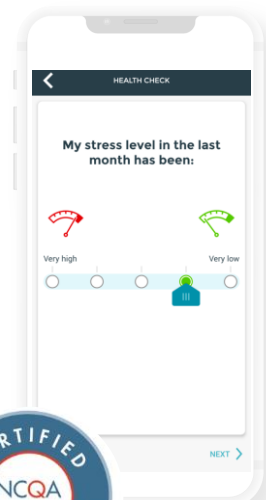


EAP & Coaching

Delivered through our partner Workplace Options, members receive telephonic coaching support and access to an employee assistance program to serve their needs around stress management. Global.

Health Assessment

NCQA certified health assessment that offers members a fresh look at their lifestyle choices and personal health. It educates members of their health risks and guides them to improve their health and wellbeing through personalized recommendations.



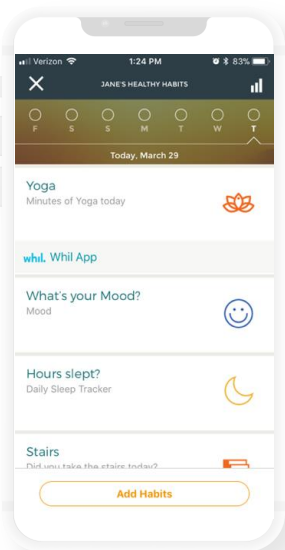
Curated Digital Health Partners

A collection of thoughtfully selected partners to expand mental health and wellbeing tools, resources, and services.

Virgin Pulse Certified Partners are deeply integrated into the member experience, creating a seamless extension of mental health and wellbeing resources. The Virgin Pulse platform enables a variety of access points, communications, and rewardable events (if applicable) to ensure members are not only aware of the tools available to them – but they consistently engage with them.

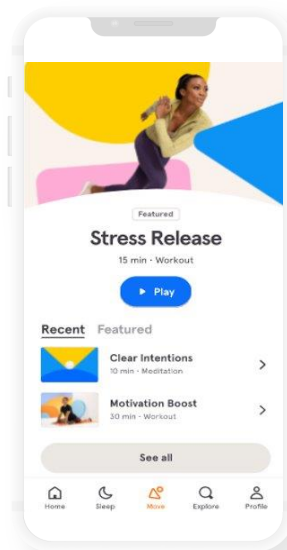
For clients, this means Virgin Pulse manages contracting, renewals, invoicing, security and privacy audits, and basic reporting (enrollment, usage).

Additionally, our clients may embed existing resources and programming into our solution to further address mental wellbeing.



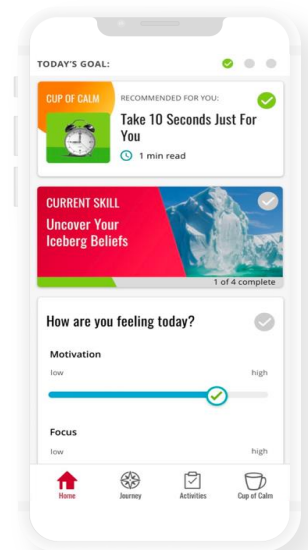
whil.

Leading digital training solution for wellbeing, resilience and performance integrated seamlessly into Virgin Pulse.



 **headspace**

Easy-to-follow guided meditations with topics ranging from stress and sleep, to prioritization and creativity. Users can choose short meditations to stay on track throughout the day, or longer sessions to deepen their training.



meQuilibrium

Proven tools and techniques to build individual and team resilience and take control of emotional and physical wellbeing.