

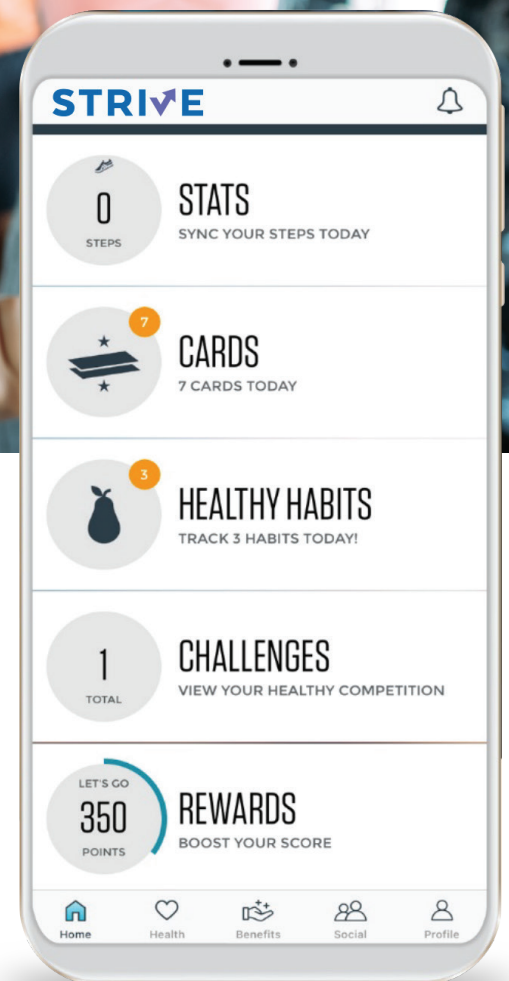
THE VIRGIN PULSE MOBILE APP KEEPS YOU ON TRACK WITH STRIVE



Wherever you are, keep challenging yourself — and your coworkers, family and friends — with the convenient Virgin Pulse mobile app. Strive is powered by Virgin Pulse, an independent company that provides a health and wellness platform on behalf of your health plan.

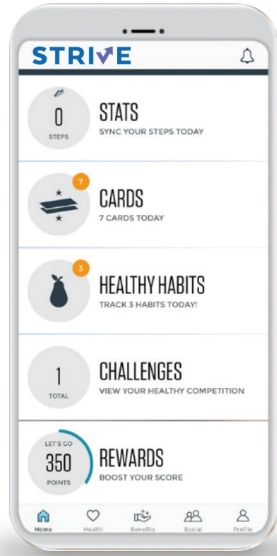
Getting started

Before you download the app, you must enroll in Strive. Log in to your **My Health Toolkit®** account on your computer and select **Wellness**, then **Strive**. Or from the My Health Toolkit app, select **Benefits**, then **Strive**.

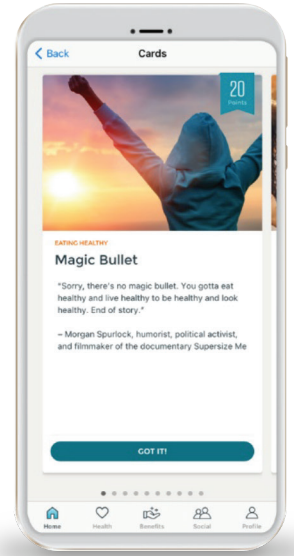


Already have a Strive account?

Download the Virgin Pulse app from the App Store or Google Play. Use your Strive username and password to log in.



Turn on mobile alerts for the Virgin Pulse app in your phone's settings so you don't miss out on fun challenges and other opportunities.



The mobile app puts the best features of the Strive program right in the palm of your hand. Access your account anywhere, anytime, and keep track of your progress and achievements.



Use the mobile app to track your progress and milestones, sync your steps from your fitness tracker, get daily well-being tips, compete in team and individual challenges, and more!

