



Get started today!

Signing up is easy

Virgin Pulse is a well-being resource offered to all Mosaic Company employees and spouses/partners on the medical plan. Earn up to \$500 in payroll incentives, and up to \$300 in Pulse Cash!

Download the app:

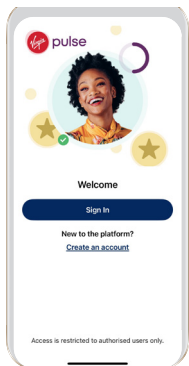


Visit join.virginpulse.com/mosaicwellness or download the Virgin Pulse mobile app to get started.



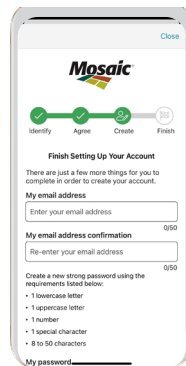
Set up your account

Follow the progress bar as you complete these easy steps:



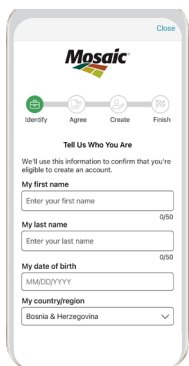
Step 1

Open the Virgin Pulse app.
Tap **Create Account**.



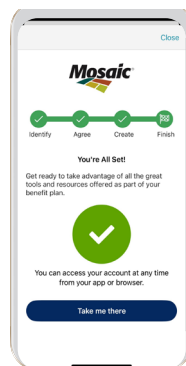
Step 4

Create your account. Add your email, make a password and give us some additional details to customize your experience.



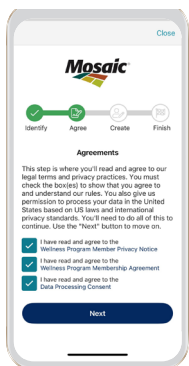
Step 2

Tell us who you are. We'll ask for a few details about you and your sponsor organization, The Mosaic Company, to check your eligibility. Some of the fields may already be filled.



Step 5

You're all set. Your account is ready. Click **Take Me There** to sign in.



Step 3

Legal and privacy. Review and agree to the rules, data collection and privacy policy.

How do I get credit for my steps? Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps, such as Max Buzz™, Apple Watch, Fitbit, Garmin and more.)

How often should I sync my fitness tracking device? It is recommended to sync your device at least weekly. However, the Virgin Pulse system will allow you to backtrack activity for a maximum of two weeks.

How can I personalize my experience? Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!