



**Stay Healthy,  
Stay Well!**

# User Guide

We'll help you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. Engage daily to build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.



## **Have questions? We're here to help.**

- Check out **[support.virginpulse.com](https://support.virginpulse.com)**  
Live chat: Monday–Friday:  
2 am–9 pm US Eastern Time  
8 am–3 am\* Central European Time  
2 pm–9 am\* China Standard Time
- Send us an email: **[support@virginpulse.com](mailto:support@virginpulse.com)**

\*Next day.



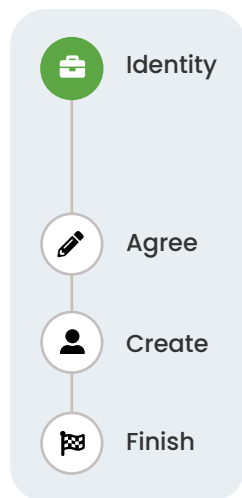
# Sign up and get started



## Step 1

Visit [join.virginpulse.com/nxp](https://join.virginpulse.com/nxp) or open the app and select **Create Account**.

### Follow the progress bar as you complete these easy steps:



**Tell us who you are.** We'll ask for a few details about you. Enter **NXP** in the sponsor search bar. You will receive a security code in your NXP email (or personal email, as displayed in workday, for those who do not have a functional NXP email address). Use this security code to complete the enrollment.

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

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

**You're all set.** Your account is ready. Click [Take Me There](#) to sign in.

## Step 2

**Connect a device or app** to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Apple Watch, Fitbit and MyFitnessPal, just to name a few.

## Step 3

**Upload a profile picture** and add some friends.

## Step 4

**Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

## Step 5

**Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.



Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place.

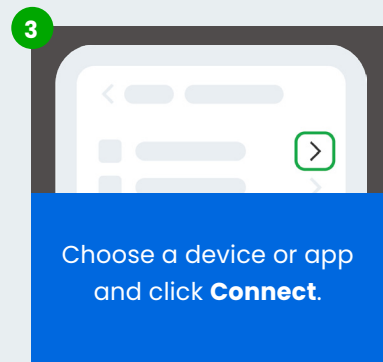
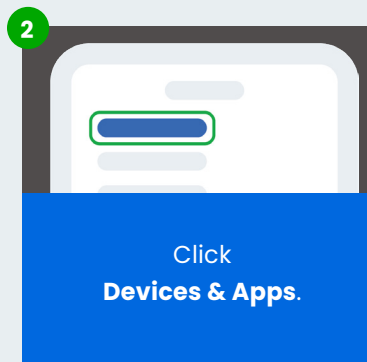
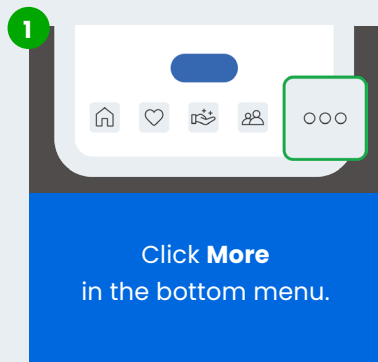
Be sure to sign in to your Virgin Pulse app **at least once every 14 days** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Scan the QR code to download the app.



# Connect a device or app

Download the Virgin Pulse app, then follow these easy steps:



## Compatible devices and apps

Virgin Pulse supports a variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:



# Ways to engage

## Engage in activities that fit your interests

Learn easy ways to get more active, eat well and manage life's ups and downs—every day!

### Challenges

Gather your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

### Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

### Friends and Family

Add your work friends so you can encourage and motivate one another. You can also invite up to 10 friends and family members outside of work!

### Health Check

This short, confidential survey assesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellbeing.

### Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile.

### Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

### Media Library

The Media Library offers interactive videos led by our team of trainers and coaches on a variety of topics. There's something for everyone.

### Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

### Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

### Recipes

Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

### Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

### Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

### Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

# Create a challenge

## About challenges:

### Personal Challenges

Create a personal step challenge to increase your activity for one, two or five days in a week. Make sure your fitness tracking device or app is connected to your account and start stepping. Invite your coworkers and friends for some friendly competition and see who comes out on top.

### Healthy Habit Challenges

You can create a challenge for a Healthy Habit you're currently tracking, or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances and more. Simply track it every day in order to reach your goal.

## How to start a challenge:

### Step 1

From the home page, go to the **Social** tab, select **Challenges** and then select **Create**. Once you're in this section, choose **Personal Challenge** or **Healthy Habit Challenge**.

For Personal Challenges, you'll choose the duration of the challenge and start it up.

For Healthy Habit Challenges, you'll select the habit you want to work on, write a personal message and get it started.

### Step 2

Now that your challenge is set up, invite others to join! Select **Invite Players**, and you'll have the option to invite from your friends list, search for friends or invite a Group. You can also add an email list of up to 250 people.

## Things to explore:

### Chat

If you invited others to join your challenge, connect and share images or tips on how to build habits and stay active via the challenge Chat feature.



### Leaderboard

If you're in a group challenge and are competitively motivated, take a look at the Leaderboard in the app to see who's in the lead. If you're falling behind, put the pedal to the metal and aim for that #1 spot.





# Try Journeys<sup>®</sup>

## How to get started:

### Step 1

Open the Virgin Pulse mobile app or go to the website and find **Journeys** in the **Health** menu.

### Step 2

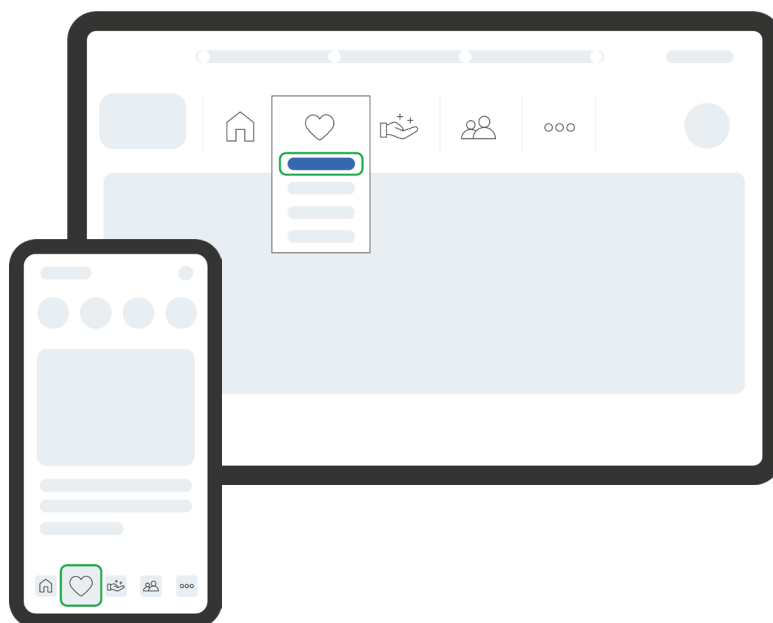
Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.

### Step 3

Click on the Journey you would like to learn more about. Click **Start** to begin your Journey.

## Journeys can help you:

- Quit smoking
- Reduce stress
- Strengthen your financial fitness
- Embrace diversity, equity and inclusion
- Cope with grief and loss
- Reduce your alcohol and/or tobacco consumption



**Do you have a new health concern that impacts your daily wellbeing? Journeys can help you manage:**

- Heart Health
- Lung Health
- Mental Health
- Women's Health
- Back, Muscle & Joint Health



## Redeem rewards

### You've worked hard to earn your rewards.

Spend Virgin Pulse Reward Cash or Credits\* in the Virgin Pulse Store. Redeem from the Virgin Pulse **Rewards** menu on desktop and on the mobile app. Visit [join.virginpulse.com/nxp](https://join.virginpulse.com/nxp) and sign in to your account. Hover over **Home** and go to **Rewards > Spend**.

### Visit the store



Go to **Shop the Store > Shop Now**.

Then go shopping! Numerous items are available for purchase like fitness tracking devices (e.g. Fitbit or Apple AirPods) and more. At checkout, find the **Use your Virgin Pulse Reward Cash** or **Virgin Pulse Reward Credit** field, and fill in how much credits you would like to deduct from your account. Click **Apply Credits**, and that amount will be applied to your purchase.

**Note:** You must have Virgin Pulse Reward Cash or Virgin Pulse Reward Credits available to spend in order to have this option display. If you don't have enough to purchase the item you want from the Virgin Pulse Store, you can pay the difference with your personal credit card.

Rewards are considered taxable income. All purchases made are final. Once an order has been placed and submitted, it cannot be cancelled, returned or refunded. If you have any questions regarding this policy, please feel free to contact the Virgin Pulse Member Services team via chat.

\*Virgin Pulse Reward Cash is used for U.S. employees; Virgin Pulse Reward Credits are used for international employees.

