



Join Virgin Pulse Today

Follow these steps to register:

- Visit join.virginpulse.com/assurant or use [Single Sign-On](#)
- Choose your preferred language from the “Select Language” drop-down
- Tell us who you are to confirm eligibility:
 - Enter your *Preferred First Name, Last Name, LAN ID, Date of Birth, choose your country/region* and click “Submit.” (Don’t remember your LAN ID? Ask [ERIN](#) or visit [MyHR](#))
 - Review and agree to terms and conditions*
- Finish your account setup by adding your email, password and customize your experience
- Download the Virgin Pulse mobile app from the App Store® or Google Play™, or by scanning the QR code below
 - [Click here](#) to get all the details on enrolling with the Virgin Pulse mobile app

Have questions? We’re here to help.

- Check out support.virginpulse.com
- Live chat: Monday - Friday, 2 a.m. - 9 p.m. ET
- Send us an email: support@virginpulse.com

Scan the QR code
with a smartphone to
download the app:



*Virgin Pulse is required by law to maintain the privacy and security of your personally identifiable health information. Your health information is kept completely confidential and not shared with Assurant in any identifiable format. The only information Assurant sees is compiled, anonymous data to monitor the overall participation rate and success of the program. Individuals who will receive your personally identifiable information are representatives from Virgin Pulse to provide you with services through the wellbeing program.





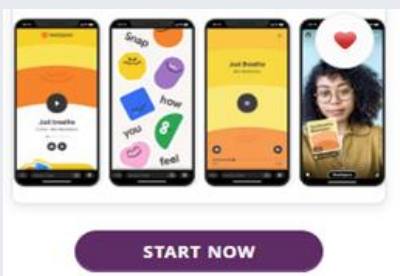
You can now also download and register the Headspace app straight from the Virgin Pulse app!

[Click here](#) to get started and follow the prompts for new users *and existing users* to connect Headspace to Virgin Pulse. You'll find a step-by-step walk-through when you log in.

From waking up to exercising, eating to sleeping, Headspace has 1,000+ hours of content to help you live your whole day mindfully – not just when you're sitting to meditate.

Headspace is more than a meditation app. It features soothing soundscapes, meditations, movement and courses to build resiliency, creativity, balance and more. Headspace provides skills to build mindfulness - the ability to be present in our lives, fully engaged with the moment, with an open and curious mind; and meditation - the formal practice for building the skill of mindfulness that we apply to our everyday lives.

- Get Headspace to start earning points on Virgin Pulse
- Mini exercises for busy schedules
- Proven to reduce stress in just 10 days



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