



Complete a
coaching session
to earn
500 points!

Health coaching guide

Let's face it. Getting healthier can be challenging! But now you can request one-on-one support from a qualified coach—right from our website or app. A coach can motivate you, give you tips and help you reach your goals. What are you waiting for? Start working with a coach today!

Not a member yet?

Don't miss out on all the fun! Get started today by going to join.virginpulse.com/leidos.



Schedule a session today!

Visit member.virginpulse.com, go to the **Health** tab and select **Coaching**, or scan the QR code to open in your app.



Reach your health goals, together

Making changes to your health routine isn't always easy. Whether you're starting to exercise, training for a marathon or anything in between, our health coaches help motivate and encourage you along the way. Connect with a coach to set goals, monitor your progress and get extra tips to keep going.



What to expect

Your first session will help you build a meaningful relationship with your coach. Together, you'll work to find small steps you can take to make progress toward your goal. During your follow-up sessions, you'll update your coach on your progress and plan next steps to help you stay on track.



Coaching topics

Choose a topic that you'd like to cover with your coach, such as Get Active, Eat Healthy, Reduce Stress, Manage Weight, Sleep Well or Be Tobacco-Free.



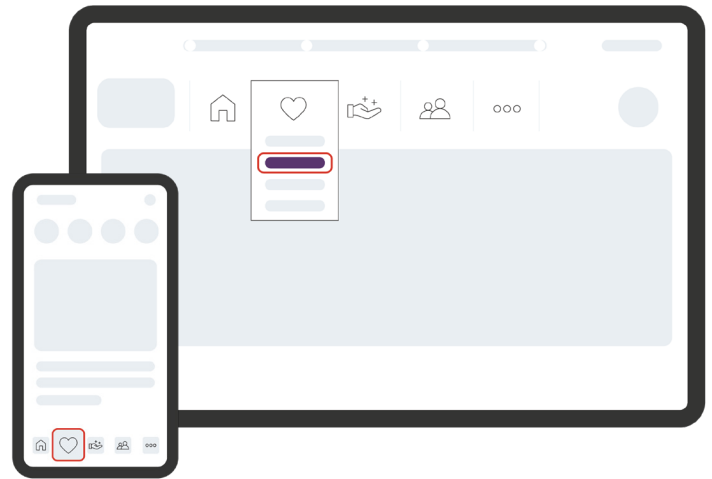
Coaching earning opportunities

	Ways to earn	Points
Monthly	Complete a coaching session	500
	Complete a prenatal coaching session	750
Yearly	Complete 3 coaching sessions (4x per year)	3,000
One time	Complete 3 prenatal coaching sessions	2,000

How to get started:

Step 1

Once you're signed in, go to the **Health** tab and select **Coaching**. If you have the app, just scan the QR code:



Step 2

Select **Schedule a Session** and then pick your preferred topic by clicking an image.

Step 3

Choose an available date and time that works for you.

Step 4

Enter your phone number, and click **Confirm Appointment**.

“Having someone to talk to actually made me enthused to take these simple, easy steps. I am gradually feeling less stressed, and I’m motivated to continue.”

— Rosie

Have questions? We're here to help.

- Check out support.virginpulse.com
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com

