



2024 WELL-BEING PROGRAM

Earn up to
\$400
per year!

The Leidos well-being program helps you achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

Who can participate?

Beginning January 5, U.S. benefits-eligible Leidos, Inc. employees (including Dynetics, Gibbs & Cox, Spire Manufacturing Solutions, Consulting Employees and Expats) and spouses/domestic partners are invited to join.

How to join

- Go to join.virginpulse.com/leidos.
- Accept the terms and conditions.
- Download the Virgin Pulse mobile app from the App Store or Google Play.



Don't miss out!

To get the most out of your mobile experience, go to your phone's settings and turn on notifications for your Virgin Pulse app. You'll get encouraging reminders and learn about upcoming opportunities like team challenges and more.

Getting started

You've joined and signed in—now what? Begin by completing your profile and telling us a little bit about yourself. Then start building healthier habits one day at a time. Here are a few options to help you get started.

Personalize your experience

Go to the **More** tab under **Profile** and discover the many ways you can customize your well-being program. Connect your activity tracker or another well-being app and set your topics of interest to make your experience focus in on what matters to you most.

Complete the Health Assessment

The Health Assessment asks questions about your current health status and well-being habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your well-being. You'll find the survey under the **Health** tab.

Track your Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to **Healthy Habits**, located under the **Home** tab, to change up the habits you try over time.

Check out My Care Checklist

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

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

