Make little changes to Live Better Everyday!

Take what matters most to you…add games, rewards, challenges, friends…wrap it up in the latest technology…and say hello to Virgin Pulse! Live better every day and you could even earn up to $400 a year.

How it Works

Getting more active, getting more sleep, eating nutritious foods – healthy behaviors like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great! The more healthy decisions you make, the more HealthMiles (points) you earn, the more rewards you get!

Your rewards

Earn up to $100 per quarter! Earn as many points as you can before the quarter ends! Your points reset at the beginning of every quarter.

1   2   3   4   5

SUNY RF
The Research Foundation for
The State University of New York

Here's what you can do:

- Start by making a commitment to healthier living.

- Use your personal Virgin Pulse account to keep track of all your healthy activities.

- Check in monthly by entering your health measurements like weight and blood pressure.

- Take part in challenges, get support from co-workers and discover healthy tips, recipes and more!

- Get a little something to show for all the healthy things you do! Up to $400 a year!

Ready to PLAY? Learn more and join now.

Sign up at join.virginpulse.com/RFSUNY

Questions? Contact us
Email support@virginpulse.com
or call 866-852-6898

Virgin Pulse