

healthytogether

an a**healthy**me®' program

Be social. Get fit. Have fun!

Sign up for healthytogether and tackle well-being challenges together with your coworkers.

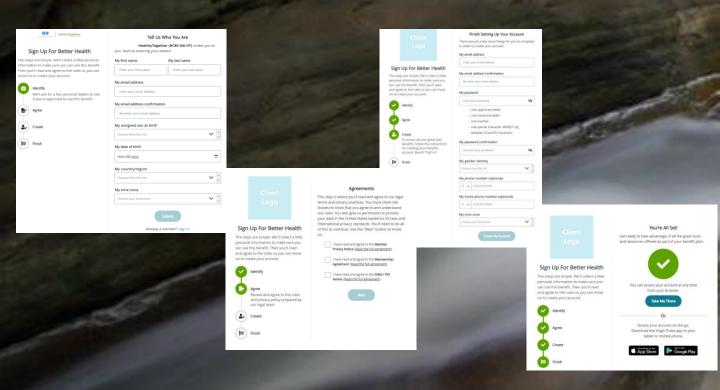
Your Guide to Getting Started

Follow these steps to sign up for and join the healthytogether challenge:

Go to join.virginpulse.com/WESTSUBURBANHEALTHGROUP and sign in or sign up.



You will be prompted to create an account (this is a one time process). Enter your information in the required fields, then click *Submit*



The privacy of your data is important to us. Review the applicable information, then click *Continue* at the bottom of the screen.



Check your inbox, your confirmation email awaits!



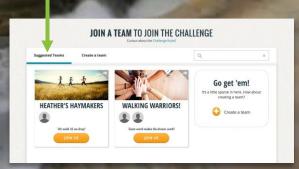
Allow a few minutes for the carrier pigeons to do their

healthytogether

You will receive an email confirmation that you must reply to in order to complete registration. Click the "confirm now" link within the email.

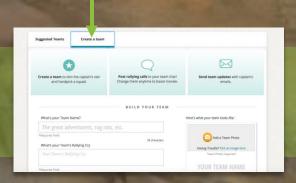
Click on the challenge widget the tile located in the middle of the page—to join the challenge.





If you would like to join an existing team, select the *Suggested Teams* tab (if not already highlighted), then click the *JOIN US* button on the desired team's banner

If you would prefer to *create your own team, click *Create a team*. Fill out the resulting fields, upload a team photo, invite teammates, and get moving!



*To increase your ability to accumulate steps—and unlock interesting destinations and content—teams of ten are strongly recommended.

For Support:

Call 1-833-226-5914, or email healthytogether@virginpulse.com.

