

# YOUR EXCUSE TO HAVE FUN

Sign up for Virgin Pulse to join fun health challenges, get the friendly competition going, and to complete your health check.



**Effective February 8, 2021**, TakeCare Insurance Company, Inc., switched to Virgin Pulse to help you improve your health and help you earn exciting incentives to keep you on track.

## YOUR NEW WELL-BEING PROGRAM STARTS NOW!

What this switch means for you:

- Your **Health Risk Assessment** is now called **Health Check**. Complete your health check once per benefit year to unlock additional fitness incentives (must be eligible through Wellness and Fitness Incentive program).
- Whether you want to lose weight, feel energized, or live healthier than ever — TakeCare is offering a free, easy-to-use well-being program to help you accomplish your goals.
- Join TakeCare's free program to get active and live healthier. The best part? It's rewarding and you can participate with friends ... a great excuse to join and have fun!

## TWO WAYS TO SIGN UP.

1. Visit <https://join.virginpulse.com/takecare> to register. As a TakeCare member, you can contact Member Services with any questions about registering or navigating the platform.

Phone: **888-671-9395** – representatives available 8am-9pm ET Monday – Friday

Email: [support@virginpulse.com](mailto:support@virginpulse.com)

2. Visit the App Store or Google Play and download the mobile app depending on your mobile device.



Virgin Pulse will provide you health tips, help you live them, and help you accomplish your goals so you can be the best you possible!

**Sign up today.**

Visit <https://join.virginpulse.com/takecare> or scan QR Code to register.

