



## Sign up for Virgin Pulse!

- 1) Go to <a href="https://join.virginpulse.com/captrust">https://join.virginpulse.com/captrust</a>
- 2) Fill in information
- 3) Click continue to complete registration

## Log in to Virgin Pulse

- 1) Go to member.virginpulse.com
- Enter your username or email used when registering, and your password.
- 3) Use same credentials for both app and desktop