

It's about to get seriously healthy around here.

Look around. There are easy ways to live a healthier lifestyle all over the place. The sidewalk? Your treadmill. The kids? Your training team. Fido? Your walking partner.

With Virgin HealthMiles, getting active is not just another to-do, but a fun, easy way to earn rewards for living a healthy life.

Learn more

www.virginhealthmiles.com/northeastern

How it works

Physical activity brings you a ton of healthy benefits: it can reduce your risk of developing diseases like Type 2 diabetes and certain kinds of cancer, boost your energy, lower stress, improve your sleep, and help you feel better overall.

And to sweeten the deal, we'll reward you with points (we call them "HealthMiles") for creating healthy habits and doing active things. Here's how the HealthMiles program works:

- Wear your GoZone® activity tracker every day to track your steps and Active Minutes (vigorous activity when you take more than 135 steps in a minute). Get active however you want, plug it in to your computer, and we'll take care of the rest.
- Log in to the LifeZone website, your personal online tracking center, to track your progress and watch your rewards add up.
- Check your email for invitations to challenges and contests, helpful activity tips, and more.

Meet your new sidekick!

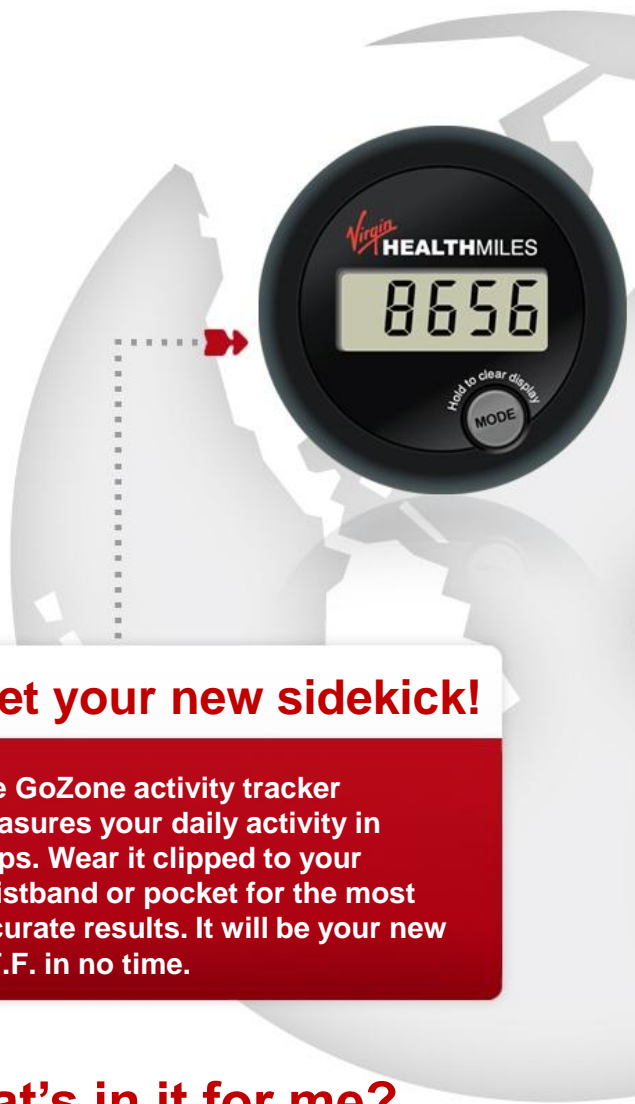
The GoZone activity tracker measures your daily activity in steps. Wear it clipped to your waistband or pocket for the most accurate results. It will be your new B.F.F. in no time.

What's in it for me?

As a HealthMiles member, you will:

- look and feel better with healthy amounts of regular physical activity
- team up with colleagues for some healthy competition – challenge and motivate each other, and have some fun along the way
- The more you do, the more you earn!

See reverse for how to earn HealthMiles



How to Earn HealthMiles

When the world is your workout, earning HealthMiles is no sweat. Here's how it shakes out – no gym required.

ACTIVITY up to 100 HealthMiles per day	Upload steps from your GoZone activity tracker	PER DAY	Up to 6,999 steps in a day or less than 15 Active minutes	20 HealthMiles
			7,000 - 11,999 steps or 15 – 29 Active Minutes	60 HealthMiles
			12,000 - 19,999 steps or 30 - 44 Active Minutes	80 HealthMiles
			20,000 or more steps or 45+ Active Minutes	100 HealthMiles
	Add entries to your Activity Journal	PER ENTRY	1 entry (max 2 per day)	10 HealthMiles
MEASUREMENTS	Self-enter your measurements	PER MONTH	Weight, blood pressure, or body fat	50 HealthMiles
			Ideal or improved BMI	50 HealthMiles
			Ideal or improved blood pressure	50 HealthMiles
			Ideal or improved body fat	50 HealthMiles
OTHER	Log in to the LifeZone member website	PER DAY	1 visit (max 2 per week)	10 HealthMiles
		PER YEAR	Declare yourself smoke-free	100 HealthMiles
			Create a challenge	500 HealthMiles

Plus keep an eye out for challenges and opportunities to earn bonus HealthMiles throughout the year!



We're all in this together!

You don't have to be a marathoner to get to Level 5. Regular, moderate activity will take you far. It's totally doable when you're part of the HealthMiles family.

First Quarter Reward Levels



Questions? Contact us.

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The Virgin HealthMiles program is offered as a healthy, fun benefit to Northeastern faculty and staff. Join today:
www.virginhealthmiles.com/northeastern