



WHAT'S NEXT AFTER YOUR PHYSICAL EXAM?

Congratulations! You took a big, healthy step and completed your physical exam. With this important information, you can learn more about your overall health and any possible health risks.

What do I do now?

Scan the QR code or visit member.virginpulse.com/notredame to sign in and follow the steps on the right to receive credit for your physical exam.



Virgin Pulse mobile app:

Click Rewards

Click Confirmation of Annual Physical

Click Take Me There

Enter the date of the physical exam and check the box at the bottom of the page

Click Submit

Receive a \$140 premium credit in 2025

Virgin Pulse website:

Hover over Home

Click Rewards

Click Confirmation of Annual Physical

Click Take Me There

Enter the date of the physical exam and check the box at the bottom of the page

Click Submit

Receive a \$140 premium credit in 2025



**WELL-BEING
for Life**

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WELL-BEING FOR LIFE PLATFORM

➤ Complete the Health Check

The Health Check asks questions about your current well-being status and habits. Once completed, you'll see your health score, learn about possible risks and get practical tips to help you maintain and improve your well-being.

- Go to Health > Health Check.
- Earn 500 points for completing your Health Check.

➤ Start a Journey®

Try this digital coaching program to make simple changes to improve your overall well-being, one step at a time.

- Go to Health > Journeys.
- Earn points for completing your Journey.

➤ Explore Well-Being Resources

Review all of the well-being and benefit programs available through the Well-Being for Life Platform, including emotional, financial, physical, social, and spiritual well-being resources.



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