



JOURNEYS® TOPICS FOR POPULAR HEALTH GOALS

Journeys help people stress less, move more, eat better, cut back on alcohol and quit smoking. They address chronic conditions including diabetes and musculoskeletal health, eliminating the need to add costly point solutions. Journeys is the only digital intervention of its kind, showing improved outcomes and sustained healthy habits.

Uniquely personalized digital coaching that delivers:



Choice

Commit to specific, small steps that appeal to your personal interests.



Convenience

Journeys fit into daily life. Form habits in just minutes a day with quick but powerful digital interactions.



Confidence

Small wins are reinforced and success helps build new habits. Live coaching provides support.



Feedback

Timely nudges and gamification reinforce new habits as they're formed.

STRESS LESS

10 Minutes a Day to Less Stress

Feeling stressed? Overwhelmed? It doesn't take much time to shrink your stress level — but it does take consistency. Invest 10 minutes a day in yourself, so you can be more clearheaded and energetic all day. (2 STAGES)

Choose a New Attitude

Discover ingenious small steps that help you coach yourself into a whole new frame of mind. View challenges from a different angle and find ways to solve everyday problems. Handle stress better by shifting your attitude. (2 STAGES)

EXERCISE

Crank Up Your Workout

Even the most dedicated workout can get stale over time. Make the most of your favorite workouts and find new ones to make sure your fitness routine is never standing still. (3 STAGES)

Get Strong at Home

You're ready to get stronger. Discover these great strength-training moves and find out how to pair them with daily habits to keep yourself going at home. (3 STAGES)

QUIT SMOKING

Ready, Set, Stop Smoking!

You can quit smoking once and for all by practicing one small, doable — even fun — step at a time. First, set your quit date. Then start prepping your mind, body and environment. When your quit date arrives, you'll be ready to stop! (4 STAGES)

HEALTHY EATING

Slow Down, Eat Less

Put your mind on your food. Learn how to focus on flavor, fullness and really enjoying what you eat. The result? You'll learn to feel satisfied without feeling stuffed. (3 STAGES)

Smart Snacking

Follow a path to a snacking routine that can help you meet your weight goals. You'll practice thinking ahead and learn to spot the most energizing choices. You'll avoid overeating at meals and boost your nutrition, one small snack at a time. (3 STAGES)

ALCOHOL

Dial Back the Drinking

Drinking can be costly. In money, calories, sleep quality and relationships — and of course, the risk of dependence. This Journey can help you cut down or quit. Test new drinks that satisfy. Relax and energize in new ways. (3 STAGES)

DIABETES

Dine Out with Diabetes

This Journey will guide you through small steps and tips for ordering well. You may never look at a menu quite the same way again. (3 STAGES)

Fit to Walk with Diabetes

Practice new ways of squeezing in fitness and setting up your environment so you're ready and motivated to get out there. (3 STAGES)

BACK, MUSCLES & JOINTS

Lift Right, Sit Right

Learn how to sidestep back pain by trying out easy ways to tweak the things you do every day, from lifting to sitting to standing — even sleeping! (3 STAGES)

Strengthen Your Core

Practice and put together simple moves that will help you look better, feel better and avoid back pain. (2 STAGES)

Live Better with Osteoarthritis

Explore a variety pack of self-care tips and learn about medical treatments on your way to a fuller, more productive life. (2 STAGES)

Live Better with Rheumatoid Arthritis

Make small changes to how you care for your body and mind, soothing your pain and possibly slowing the progression of your rheumatoid arthritis. (2 STAGES)

Talk to an expert at Virgin Pulse to get started.

Learn more at virginpulse.com

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