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Virgin pulse app help

sync your iPhone or Apple Watch steps• Share your Virgin Pulse statistics with Apple's Health app • And so many! Let the journey healthier, happier you start. It's going to be epic. Virgin Pulse integrates with the Apple Health app. It allows you to share your iPhone steps, Apple Watch steps and usage and energy data with Virgin Pulse. We use this data to help you track your activity on the platform. Virgin Pulse supports iOS 12.0 and higher. December 23, 2020 Version 3.165.1 Thank you for using the Virgin Pulse App! We update our app regularly. This release contains bug fixes and performance improvements. I want to give it 5 stars, but no app is without its kinks. This app certainly has room for improvement, but it is amazing where it is now! I have personally spent years observing different aspects of my life such as health/finances/work through different methods. Virgin Pulse houses all that in one place, I love it. And it offers advice and advice so even better! Navigation is pretty straight forward, but still not as smooth or seamless as I would like. Since this house so much information on different topics would be nice as a user, so we can organize and group certain portions with our discretion. Color coding would also be great. Currently, it has its own version of color coding, which is not explained anywhere. I had to call and ask what color meant. I was so thrown that some of the goals I was tracking that I had left behind were marked green. Some, where yellow. And the others that I did well were red. It didn't make sense. But the colors correspond to genres and not how well you do for that purpose. Regardless, I have my personal color preferences I would like to use. I'm excited to see this app improve and now is happy with what it offers because no other app/journal/or tracker I've ever used to even be close to this one. We need to use this work to monitor and enhance our health and well-being and earn points toward discounted benefits. Have some useful tips & tricks for a better/easier life and organize your life. It's not bad for something that's necessary, but personally I don't use it because it detracts more The & useful ways I achieve these goals when constantly tied to this app to stop & enter everything I do. Ends up backfiring on the very things he should help and feels too much like cleaning instead, provoking anxiety and stress. Don't adapt all that well either and could use better algorithms to provide more suitable tips for individual situations, not just a standard cookie cutter that suits most, but not all people. This review comes from an active user of more than 73,000 points, so I've almost maxed out on a scale of two weeks left with our annual health track requirements. I have exceeded the goal my company sets us in terms of points. Then again, not bad as far as the required health monitoring tool for workers. Thank you for taking the time to let us know how you feel. We appreciate your feedback. Please be sure that members' opinions are important to us and we recommend that you forward recommendations to our support team to improve the app by e-mail (support@virginpulse.com), Live Chat (2AM-9AM EST, Monday to Friday) or Phone (8am-9pm EST, Monday -Friday). I have been using this app faithfully every day for several years... If you have yourself a disciplined live lifestyle you can probably add an updating app to track your commitment... Updating your VP maps and healthy habits just becomes part of the process... but if the application shows them already ready one tends to initially move forward and think for yourself oh, I have to be ready for that and forgotten I did it... only find a few days later that tracking shows you lost several days, which is very annoying because when those days are skipped there is no way to make up the map points! Finding out more about this happening, I have opened and closed the app 3-4 times before it registers today is actually still needed for completion.. I'm sure anyone can accept today's overly busy society no one has the time or patience to deal with this type of failure in the long run.. we are conditioned nowadays when things are not working properly to fix it or replace it ... I lost interest in signing up for Facebook and this app allows us to connect with the most important people in our lives ... so if this factor alone didn't inspire me to forget all the shortcomings of FB, I'm not too sure that I maintain an interest in using this intermittently functioning app to track the daily routine of my already established commitment to a healthy lifestyle. Hi! Thank you for taking the time to let us know how you feel. We appreciate your feedback. Please be sure that members' opinions are important to us and we recommend that you forward recommendations to our support team to improve the app by e-mail (support@virginpulse.com), Live Chat (2AM-9AM EST, Monday to Friday) or Phone (8am-9pm EST, Monday -Friday). Developer Pulse, Inc. revealed that the app's privacy practices may include addressing the data described below. For more information, see the developer privacy policy. The following data may be collected and linked to your identity: Health and Fitness I identifiers Sensitive to usage data Diagnostics The following data may be collected, but they are not related to your identity: privacy policies may vary, for example, depending on the features you use or your age. For more information about the Developer Website App Support Privacy Policy Your and your family members' health and well-being is vital to us. If you work for greater prosperity, you can enjoy the many rewards that come with it: more energy, less medical costs and more nutritious living. That's why we're offering you the well-being of Informatica, which is fueled by Virgin Pulse. This confidential program makes it easier and more rewarding to take care of your health and is available to you and your family members for free. Powered by Virgin Pulse, Informatica's wellness program motivates you to take steps to improve your health no matter how far you are on your journey. Participate, complete healthy activities and track your progress to earn points toward rewards! Virgin Pulse offers a fun, personalized experience as you engage in challenges and work on your goals, whether they focus on physical activity, financial health or personal relationships. Watch and track your activity online or on the page using the Virgin Pulse mobile app. You can even connect with your colleagues and compete together to inspire and speed up your wellness journey! Plus, by participating, you can get a free wearable fitness tracking device for use in the program. You can use a variety of other devices to track your activity. Your spouse or domestic partner has the right to participate as well! For more information, see the Informatica Wellness Information Fleece. Follow these steps to start earning your rewards: Visit InfaWellness and register. Set your health goals and interests. Connect your activity to a tracking device. Enter your health measurements, such as weight and blood pressure. Monitor your healthy activities. Take part in the challenges. When you stop taking activities, you'll see your points increase. You can then translate these points into bonuses! Complete healthy activities to earn points that mean fees. Here are some ways you can earn points: Choose healthy habits to follow the Virgin Pulse website. You'll be rewarded for tracking at least three healthy habits every day. Follow your steps using the free tracking device that comes with participating in your program. Complete individual and team challenges. Enter and monitor your health measurements. Watch your sleep. Setting goals. Complete trips, like stash your money. Learn more about emotional and stress whil sessions. Record your annual visits. Look at your daily cards. For a complete list, see the Informatica Wellness Information Fleece. As you move up the level, you earn Pulsecash Rewards: Level 10 Pulvel 2Level 4 1000 points5,000 points12,000 points20,000 points \$10 Pulsecash \$20 Pulsecash \$30 Pulsecash \$35 Pulsecash Each quarter, your game will refresh so you have another chance to move up to Level 4. Trips to digital coaching via Virgin Pulse can help you highlight less, move more, eat better, cut back on alcohol and quit smoking. You can choose programs you like. Each option offers specific, small steps that can match your daily life to help form new habits. Sign up for Virgin Pulse to start! Access your Virgin Pulse account and monitor your wellness activities at any time, anywhere on the Virgin Pulse mobile app. With the app, you can: Track your progress in Sync in your steps See your daily to-do maps Check your progress challenges Follow your healthy habits Download the free app from Google Play or Apple Store.For tips and ideas on how to increase your total prosperity in July, please check out Virgin Pulse's July Prosperity Calendar! Calendar!

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