



# NEW WELLNESS PROGRAM

## NEW FOR 2024: VIRGIN PULSE WELLNESS PROGRAM

Join Longview ISD's **FREE** wellness program to get active, eat better and live well. The best part? It's fun, with friends—and you can earn rewards!

We're excited to announce that we've teamed up with Virgin Pulse to offer a new wellbeing program that will help us make healthy choices, be well together, and inspire all of us to live better every day!

The Virgin Pulse platform makes it easy, giving you access to fun new wellness offerings, challenges and programs that give you the choice, support and flexibility you need to reach your wellness goals—and it's all brought together within the top-rated Virgin Pulse app!

## WHAT'S IN IT FOR ME?

- **Create your own wellness journey!** Build healthy habits, track your physical activity, take advantage of digital coaching (Journeys) and much more!
- **Feeling up for a challenge?** Invite your co-workers or friends and family members to participate in a personal challenge
- **Get a picture of your health.** Take the **Health Check Survey** and get recommendations specific to your wellbeing
- **Invite your spouse:** Did you know your spouse is eligible to join the wellness program? Invite your spouse to join and create their own personal account like yours.

Join today! Get the Virgin Pulse mobile app or go to [join.virginpulse.com/lisd](https://join.virginpulse.com/lisd)

