### pulse

# Meet Max GO

**Max GO** unites engagement, metrics, and motivation to ignite even the hardest-to-reach of your population in their health and wellbeing.



# Putting the GO in #goals

### 11%

Higher enrollment

10:08

000000000000000000

tracking device is provided on registration 5X More engagement than members without

### **12X** Better

outcomes than members without

#### Incentivize

Entice even the most hard-to-reach of your people with an extrinsic motivator that gets them excited.

#### Empower

Provide the means for people to take control of their own health & wellbeing and watch engagement soar.

#### Achieve

Accessibility and accountability on your employees' wrist, taking their results – and yours – to the next level.

# What gets measured, gets done



#### Workout

- 14 workout modes to get the most out of tracking
- Recorded workouts history for accountability and a sense of accomplishment

### Sleep

02 h 30 min • Light sleep 05 h 30 min

00 h 30 mir

- Track hours slept with fall asleep time and wake up time
- Breakdown of each sleep stage with color-coded chart
- Provides sleep quality rating

# Heart rate

128

- ✓ Real-time heart rate
- Resting heart rate and trends daily and over time
- ✓ Detects fit for accurate readings

### Steps

8899

▲ 260 <u>▲ 58</u>

- Track daily steps, calories, and active minutes
- ✓ Total count and trend graphs to inform and enable healthy habits
- ✓ "Summary" watch face to embed health into daily life

# Health and wellbeing on the GO

## Maximize outcomes

#### For You

- A tool to captivate hard-to-reach populations
- Higher enrollment with sustained engagement
- Low-cost, high-reward
- Extrinsic and intrinsic incentive
- Better outcomes



#### **For Them**

- Seamless VP app integration
- Full-screen touch control
- Ultra-long battery life
- Water resistant
- Settings to personalize
- Bluetooth and notifications

For All A fun, easy, and motivating to track personal goals, Healthy Habits, and Challenge progress with seamlessly synced stats



Ready to take your program to the next level? Talk to a wellbeing expert at Virgin Pulse to get started. Learn more at VirginPulse.com

