



Make your
wellbeing program
unique to you.

Pillars & Topics of Interest

The easiest way to personalize your wellbeing program

There's a lot to focus on when you're getting healthier. Are you interested in reducing stress? Sleeping better? Eating healthy? Or something else? With Pillars and Topics of Interest, we've made it easier to to customize your program with content that matters to you.

Not a member yet?

Don't miss out on all the fun! Get started today by going to myquadmed.com/hii/wellness-online



What is a Pillar?

Pillars are key themes to help you thrive at home and at work. Each Pillar contains related health and wellbeing topics, ranging from sleeping well and building relationships to managing finances and contributing to your community. Choose a topic that interests you and access programs, Healthy Habits and challenges you can add to your everyday routine.

How to browse Pillars

Step 1

Once you're signed in, go to the **More** tab and select **Pillars**.

Step 2

Your available Pillars will be listed. Choose one to see different topics, like Sleeping Well.

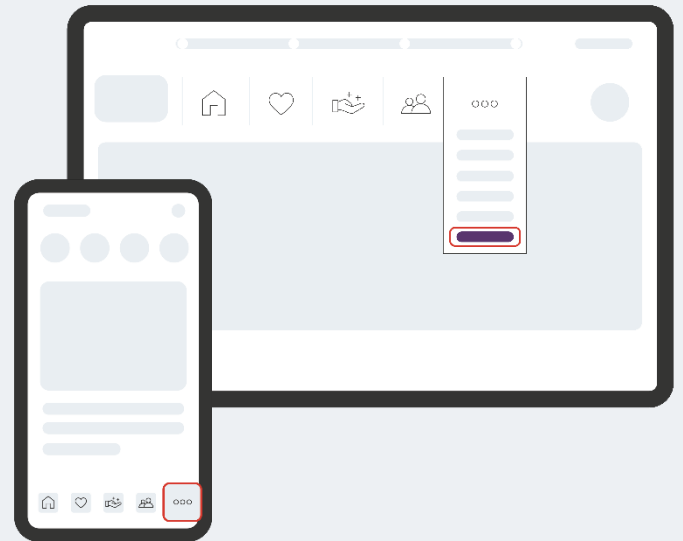
Step 3

Find programs, Healthy Habits and challenges for that topic—so you can get right to the content you want, fast.

Energy • Focus • Drive • Health Situations

“I lost my energy and was a little scared to try something new. The Energy pillar directed me to small improvements that helped me stay positive, keep on track and improve my energy. I'm a new person.”

— Drew



Topics of Interest

Topics of Interest are similar to what's offered in Pillars. What makes them different is that the topics you choose as your interests determine the content you see through Daily Cards and the recommendations you'll get with features like Healthy Habits. You can always go back to your Topics of Interest to turn them on or off and personalize the content you see daily. Update them every quarter to earn points!

How to set your interests

Step 1

Once you're signed in, go to the **More** tab and select **Topics of Interest**.

Step 2

Browse through topics and toggle the content you want to the green "on" position.

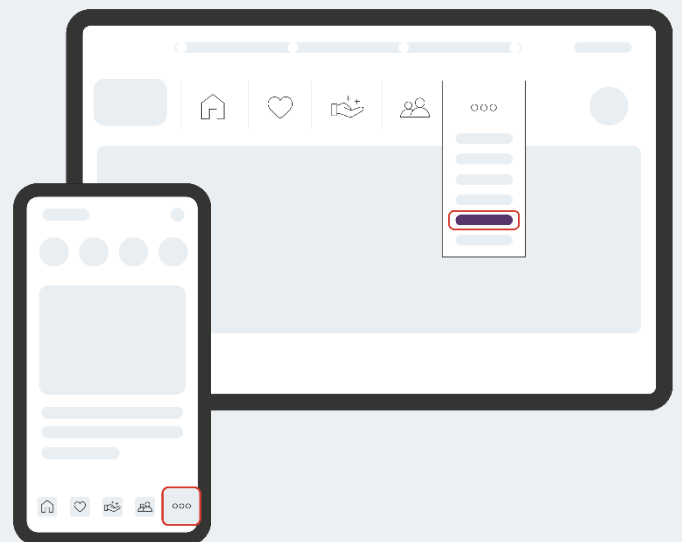
Step 3

Get ready for personalized content and recommendations based on your choices. To change what you see, go back any time to refresh your interests.

Have questions? We're here to help.

Email support@virginpulse.com or call **888.671.9395**.

(Mon – Fri, 7 a.m. – 8 p.m. ET)



If it's green, it's toggled on



If it's gray, it's toggled off



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