

Enrolling in Virgin HealthMiles

Sign up for HealthMiles and step up your commitment to health. The earlier you enroll and become active, the sooner you'll start earning HealthCash rewards. Better yet, the faster you'll see results: more energy, lower health risks and greater vitality to focus on your mission, job and family.

It's easy to enroll.

1. Log in to **HealthFlex/WebMD** by clicking the HealthFlex link at **www.gbophb.org**. Can't remember your username or password? Retrieve it online or contact WebMD's customer service team at **1-866-302-5742**.
2. Click "**Join Virgin HealthMiles**" under the "**Get Started**" menu on the left side of the page to enroll or learn more about the program.
3. At the bottom of the enrollment page, click "**Join Now!**" again to enroll.
4. Enter the required Personal Information. Then choose a password (at least eight characters), and click "**Continue.**"
5. Review and confirm your details. Then read and accept the *Membership Agreement & Privacy Policy*, and click "**Submit.**" A GoZone pedometer will be shipped directly to the address you selected.
6. Write down your Member ID and remember your password—you will need them to log back into your account.
Member ID: _____ Password: _____
7. Log in to the Virgin HealthMiles Web site (**www.virginhealthmiles.com**) using your Member ID or the e-mail address you used to register. Complete the Health Snapshot—a short health questionnaire. (Note: The Health Snapshot is not the same as the more detailed HealthQuotient™.)
8. Download the GoZone software at **www.virginhealthmiles.com/software**.
9. Activate your pedometer when it arrives by following the package instructions. If you have trouble, visit the GoZone pedometer support page on the HealthMiles website. (Go to **www.virginhealthmiles.com**, choose "**Activity**" and then select "**Activity Tracking Devices/GoZone Support.**") Still need help? Contact the Virgin HealthMiles Customer Service department at **1-800-830-4312**.
10. Start walking, riding, running, dancing, playing and moving—when worn properly, the GoZone pedometer records every step on the road to health.

Learn more about HealthMiles at
www.gbophb.org—click on
the red HealthMiles icon.



QUESTIONS? For questions about registration or the HealthMiles program, read the FAQs at **www.virginhealthmiles.com** or call Virgin HealthMiles at **1-800-830-4312**.



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