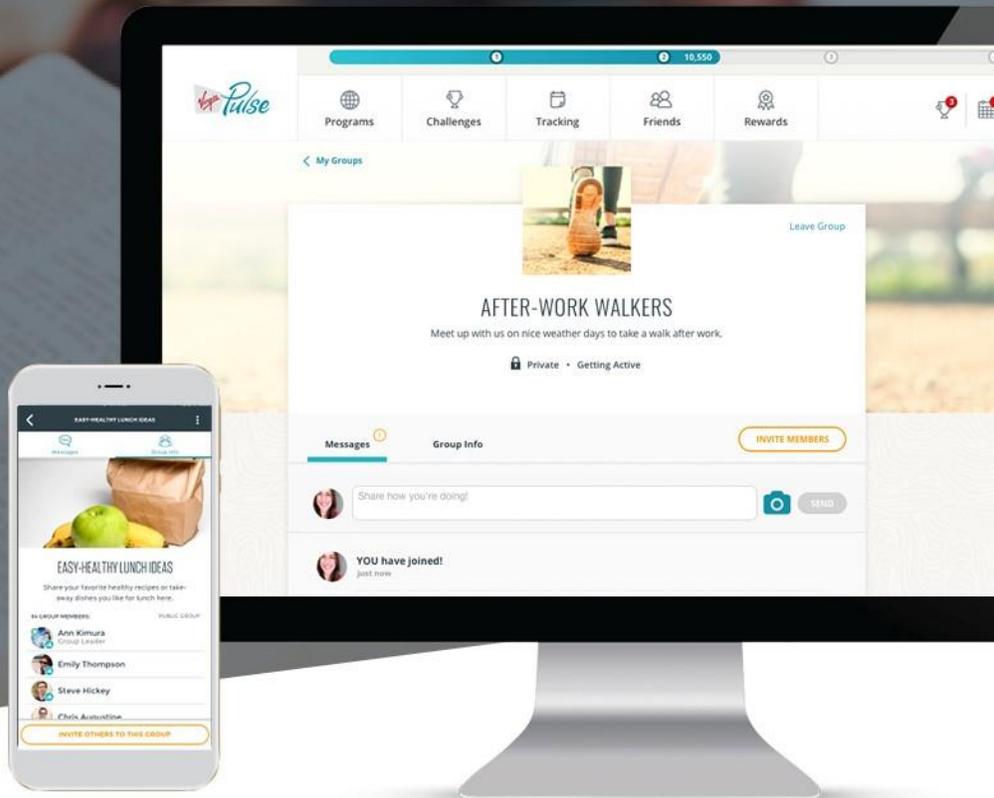


Virgin Pulse social groups

What makes getting
healthy easier?
Friendships.



Introducing Social Groups

Use it to find like-minded coworkers to play soccer, join a yoga class, learn to knit, and do other fun activities — in and outside of work. The options are limitless. Don't see the right group for you? Try starting one today!

Get started - go to member.virginpulse.com. Once you've signed in, click **Friends** from the main menu. Then choose **Groups**. If you're using the mobile app, choose **Groups** from the main menu.



MaineHealth



Healthy is better when we do it together

Finding coworkers with similar interests just got easier. Now you can sign into our website or app, and find people at your workplace who want to get healthy together. Try joining a group that walks together, plays volleyball after work, or shares lunchtime recipes. If you don't see a group for you, try making one of your own!

Find a group

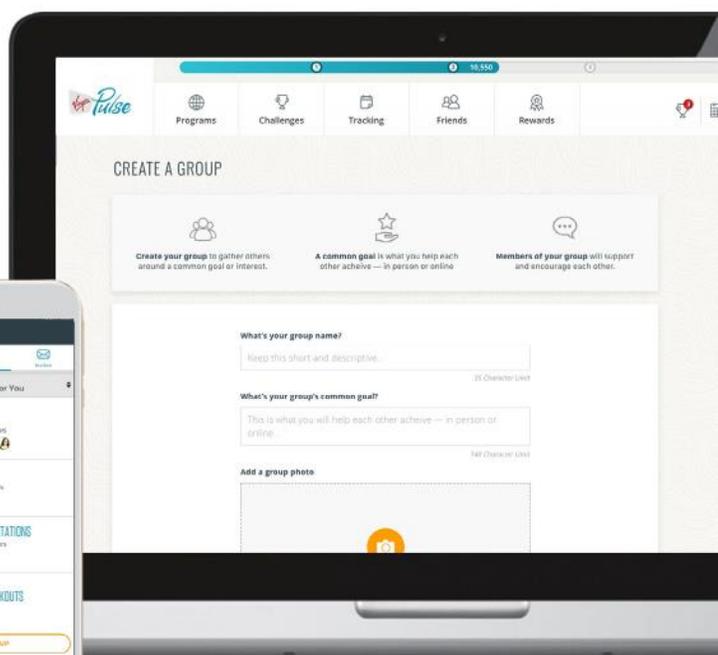
Browse for groups that focus on all sorts of topics — like healthy eating, sports, and learning a new hobby. You might even see a group that discusses the latest books, knits during lunch break, or wants to learn a new language.

Join the conversation

When you join a group, you'll access an open forum where you can have an encouraging, healthy conversation with your coworkers. Use the chat area to offer support to one another and great ideas.

Start your own group

Don't worry if you don't see a group that interests you. Just create your own group! Then invite your coworkers to join in. So, if you're ready to try mountain biking on Saturdays, take the initiative today! You never know — you might make some new, lifelong friends.



Not a member yet? Don't miss out on all the fun!
Get started today by going to join.virginpulse.com/mainehhealth

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