



How to add Friends or Family outside the company

If your friend or a family member wants to participate in the program as well you can invite them to participate in the non-rewards Virgin Pulse program.

As a Virgin Pulse member, you can invite up to 10 close family members or friends.

Your invitees can create challenges, compare stats, track their healthy habits, and more. Your invitees are unable to participate in company challenges or any HR programs. Additionally, they are not eligible to receive company-sponsored rewards. Invitees must be 16 years or older.

1) Hover over **Social** at the top navigation bar.



2) In the drop-down menu that appears, click on **Friends.**



Social

Challenges

Friends

Groups

Events Calendar

3) Click the **Add Friends** button at the top right corner of the page.

4) In the pop-up that appears, click on **Friends Outside your Company**. Enter your friend's first and last name and the email you wish to send the invitation to and click **Send**.

Your invitee will receive an email. In order to sign up, they should simply click on the link in the email.