

What Friends can do in Virgin Pulse:

View Daily Cards — Friends can view Daily Cards just like regular Members.

As Friends cannot earn Rewards, there is no point value attached to these Cards.

Devices & Apps — Friends can select a bunch of different brands to pair with or click the **VIRGIN PULSE STORE** button to purchase a device.

Set Interests — On the **Topics of Interest** page, Friends can choose topics they are most interested in. This will influence what shows up as their Daily Cards.

Track Healthy Habits — Just like Members, Friends can also track their Healthy Habits.

Although by default there are no entries, Friends can view the **Calendar**. The **View Events** feature is not available.

Start Challenges & track Steps — If a Member's Friend scrolls down on the Homepage, they see an option to start a Challenge, they see a leaderboard on the left (that initially just shows the friend that invited them), and a place where they can log steps

View leaderboard — If a Friend clicks on the "Friends Leaderboard" they'll see a full screen view of the board.

Add friends (limited) — If they click "Add Your Friends" they'll see a window that will suggest any other friends outside the company the member who invited them has also invited

What Friends cannot do:

Earn Points & Rewards — Although friends can track stats and habits just like members, there are no point values associated with tracking them, and no rewards to be earned.

Invite friends beyond those the member already invited — If the member who invited them also invited others outside the company, they will appear in Suggested Friends. However, friends do not have the ability to manually add any friends of their own outside of these.