

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.

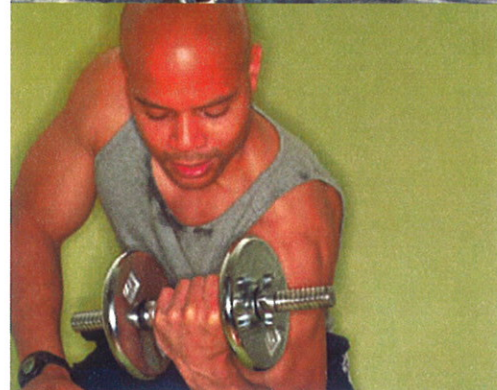
It's easy to enroll.

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 the Health Team at **1-800-851-2201**, press "**option 1**" then "**0**" for a Health Team representative.
2. Click "**Join Now!**" in the box at the top of the page to view program details on the enrollment page.
3. At the bottom of the enrollment page, click "**Join Now!**" again to enroll.
4. Enter the required Personal Contact Information. Then choose a password (at least four digits), and click "**Continue.**"
5. Review and confirm your details. Then read and accept the *Membership Agreement & Privacy Policy*, and click "**Submit.**"
6. Write down your Member ID and remember your password.

Member ID: _____

7. Log in to the Virgin HealthMiles Web site (**www.virginhealthmiles.com**) using your Member ID or e-mail address. Complete the "**Manage Account**" page to ship a GoZone pedometer directly to your address, then complete the Health Snapshot—a short health questionnaire. (Note: The Health Snapshot is not the same as the more detailed HealthQuotient™.)
8. Activate your pedometer by following the package instructions. If you have trouble, visit the GoZone pedometer support page on the HealthMiles Web site. (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 **1-866-852-6898**.
9. Start walking, riding, running, dancing, playing and moving—when worn properly, the GoZone pedometer records every step on the road to health.

You must enroll in the
 **HEALTHMILES** program
in order to receive HealthFlex
incentives for 2009.



QUESTIONS? For questions about registration or the HealthMiles program, read the FAQs at **www.virginhealthmiles.com** or call Virgin HealthMiles at **1-866-852-6898**.



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