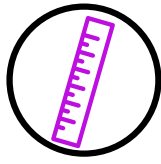


NYPBeHealthy

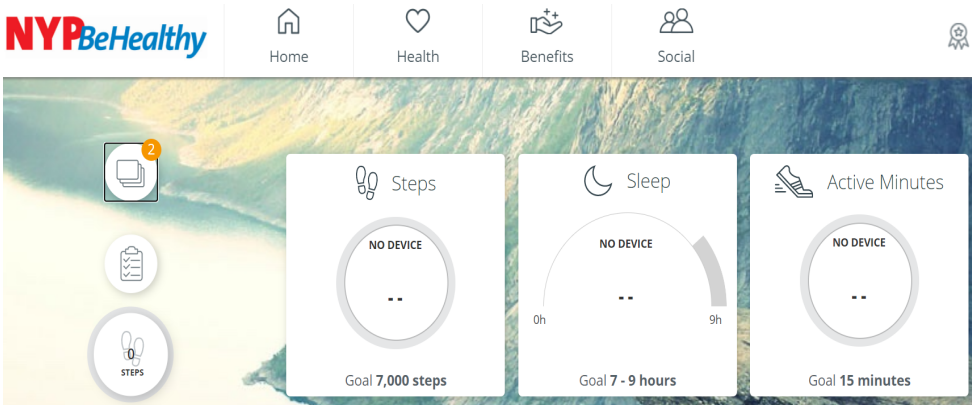
Wellbeing Assessment

Get a snapshot of your overall wellbeing



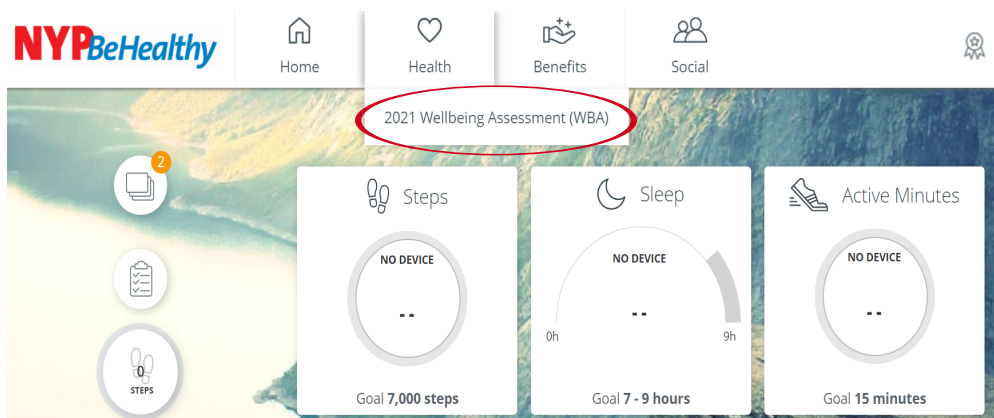
STEP 1

- ✓ Sign into Virgin Pulse (via website or app). Below is a view of the dashboard.
(If you have not already, you can register at join.virginpulse.com/NYP)



STEP 2

- ✓ Click on the 'Health' tab and select '2021 Wellbeing Assessment'

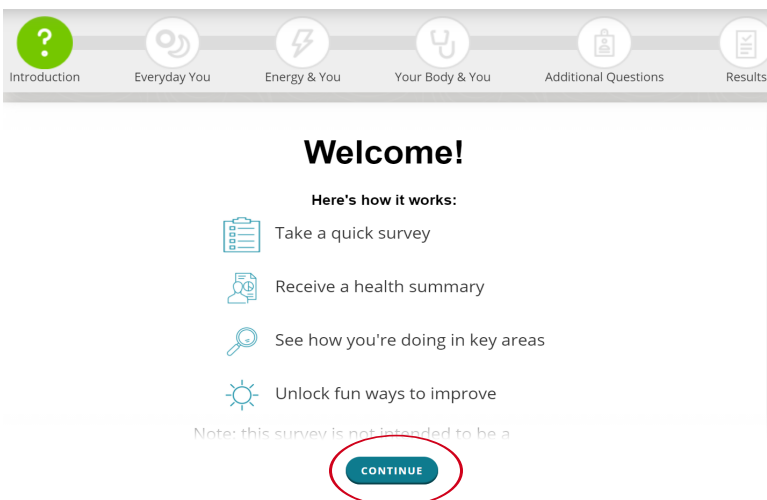


STEP 3

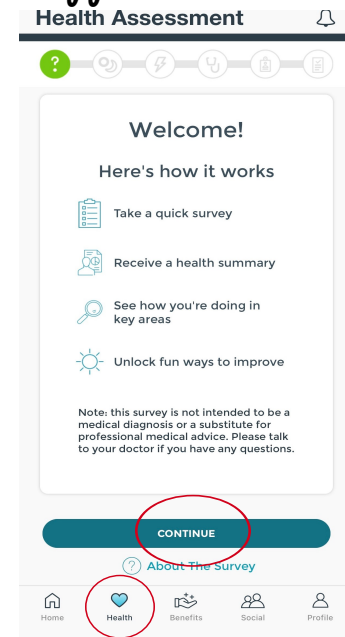
- ✓ Begin your Wellbeing Assessment here!

(Website)

2021 Wellbeing Assessment (WBA)



(App)



Questions? Please email nypbehealthy@nyp.org

