

ROAD TRIP

To Wellness

Quarter 1 Roadmap: Preventative Care

Explore. Discover. Achieve. The Take Charge | Live Well program is taking you on an adventure through your Virgin Pulse platform with the Road Trip to Wellness Roadmap! Each quarter of the program year, a new roadmap will be released with new destinations. When you complete five of the six destinations, you can submit your roadmap to tclw@virginpulse.com to earn up to a \$10 reward. The Q1 Roadmap begins July 1 and ends on Sept. 30.



Download the Virgin Pulse App



Not a member yet?
Get started today by going to join.virginpulse.com/stateofohio

For more program information, visit das.ohio.gov/wellness

