



zestWELLNESS

Get healthy, be happy!

**Register with CG Zest Wellness
today and improve your health!**

How to register for CG ZEST WELLNESS:

1. Register via: www.joincgzestwellness.com (Please use your work email for your username)
2. Download: "Virgin Pulse" app in PlayStore on Android devices and App Store on Apple devices
3. Open the "Virgin Pulse" app. When prompted to search for sponsor organization, use "Coralisle Group Ltd".
4. Log in to the "Virgin Pulse" app by using your login credential. Login Credentials should be your Username/Email and Password.
5. Connect your fitness tracking device such as a Max Buzz, Apple Watch, Fitbit, Samsung Gear, Garmin, Heart Rate Monitor, Polar Heart Rate Monitor, and more!
6. Start Earning Rewards: Know and ask your Wellness Champions about wellness points, prizes and quarterly incentives. Also, about upcoming wellness initiatives that can help you stay on top of your wellness journey and live a healthier lifestyle.
7. Scan below to access all CG Zest Wellness Resources!

