GET ACTIVE & GET REWARDS

Need a little motivation, a helpful nudge, to get moving each day? Sign up for Virgin HealthMiles, a fun and rewarding way to get and stay active. The more you do, the better you feel, and the more rewards you can earn.

HOW IT WORKS

Do what you like to get active – walk, ride, play with the kids, dance in front of the mirror – and track it all with your GoZone® pedometer. Uploading your steps is a snap, and the more you move, the more “HealthMiles” (points) you’ll earn.

Log in to your LifeZone online tracking center to set goals, monitor your progress, watch your HealthMiles add up, and spend your HealthCash.

ABOUT THOSE REWARDS

As your HealthMiles add up, you’ll proceed through a series of Reward Levels. You’re rewarded when you get there with HealthCash. You have 12 months to earn as much as you can, starting on the day you join.

And you don’t have to be a marathon runner to get to Level 5! Regular, moderate amounts of activity tracked throughout the year will go a very long way, and there are lots of other opportunities to earn HealthMiles, too.

<table>
<thead>
<tr>
<th>LEVEL 1 0-5,999 HealthMiles</th>
<th>LEVEL 2 6,000-11,999 HealthMiles</th>
<th>LEVEL 3 12,000-23,999 HealthMiles</th>
<th>LEVEL 4 24,000-35,999 HealthMiles</th>
<th>LEVEL 5 36,000+ HealthMiles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free GoZone</td>
<td>+ $25</td>
<td>+ $125</td>
<td>+ $175</td>
<td>+ $175</td>
</tr>
<tr>
<td>TOTAL:</td>
<td>$25</td>
<td>$150</td>
<td>$325</td>
<td>$500</td>
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(Flip over for how to earn HealthMiles.)
HOW TO EARN HEALTHMILES

Get Active. Put on that GoZone and go. Your pedometer is the best way to earn HealthMiles. The more active you are, the more steps you take, the more HealthMiles you earn:

- up to 7,000 steps in a day 20 HealthMiles
- at least 7,000 steps in a day 60 HealthMiles
- at least 12,000 steps in a day 80 HealthMiles
- at least 20,000 steps in a day 100 HealthMiles

Earn up to 100 HealthMiles a day for all physical activity, including GoZone uploads, Activity Journal entries (10 HealthMiles each) and other validated workouts; see your LifeZone for details on additional HealthMiles tracking devices.

Check In. Keep an eye on those stats, monitor your progress, read up on health & fitness news… and spend your hard-earned HealthCash! Visit the LifeZone website as often as you like; you’ll get HealthMiles for a couple visits per week:

- Log in to the LifeZone (www.virginhealthmiles.com) 10 HealthMiles per visit, 2 per week

Measure Up. Your blood pressure, weight and body fat percentage are important indicators of overall health, so it’s important to measure up on a regular basis.

- Self enter your measurements (weight, body fat & blood pressure) 50 HealthMiles per month
- Plus, earn an additional 50 HealthMiles a month for each improved or ideal score!

Stay On Your Toes. HealthMiles will also be up for grabs from time to time during challenges and other special promotions. Check the LifeZone and your email box regularly for invitations!

Those are the basics. Once you join, you’ll get all the details about the program, how to use your GoZone, what your fellow members are up to, tips & tricks for getting and staying active – and even more ways to earn rewards!

HOW TO JOIN

Virgin HealthMiles is brought to you by Horton Health Initiative, so you get all the features and benefits of the program including your GoZone pedometer, special online shopping rebates, fun competitions and challenges - plus up to $500 a year in rewards as a benefit of being a HHI client.

SO, WHAT DO YOU SAY? UP FOR IT? We think you are, and we’ll be with you every step of the way. Next launch date is April 1, 2009

(Not ready to sign up for the monthly payment? That’s ok. Your sponsor still wants you to be motivated to get active, so there’s also a no-fee, basic plan option.)

Questions about this benefit? Check in with your HR manager