

Create your own custom wellness program



Virgin Pulse is an online wellness platform that makes it easy and fun to work on your wellbeing goals.

Whether you want to sleep better, improve your eating habits, add movement to your day, or simply take a few moments to be mindful, Virgin Pulse will provide tools for you to be as healthy as you can be, right through your mobile device or computer.

- A health profile and program recommendations
- Personalized programs and content delivered daily based on your interests and level of health
- Tailored health journeys and challenges designed just for you
- Step-by-step programs that can help you eat better, become more active, improve sleep, quit smoking, lose weight, cope with grief, reduce alcohol or tobacco use, and more
- Social connections, tracking tools, and games to keep you coming back and working on healthy habits

Members can access Virgin Pulse through the member portal at Member.MassGeneralBrighamHealthPlan.org

Get support from a Personal Health Coach

If you're looking for even more personal support to help you achieve your wellness goals, our qualified health coaches can help. It's easy to get started with the help of a qualified coach. Just email us at HealthPlanHealthandWellness@mgb.org or call the Customer Service number on the back of your member ID card and ask to talk to a Health Coach.

How to get started

Take a health assessment

Log in to Member.MassGeneralBrighamHealthPlan.org to complete your Health Profile. It only takes about 20 minutes, and your information is confidential and secure.

Get a personalized report and recommendations

After you complete the health profile and see the results, you'll get personalized health recommendations.

Start a wellness program

Feel good participating in wellness challenges that will inspire you to meet your goals.

- Exercising and staying active
- Getting a better night's sleep
- Reducing stress and enjoying life