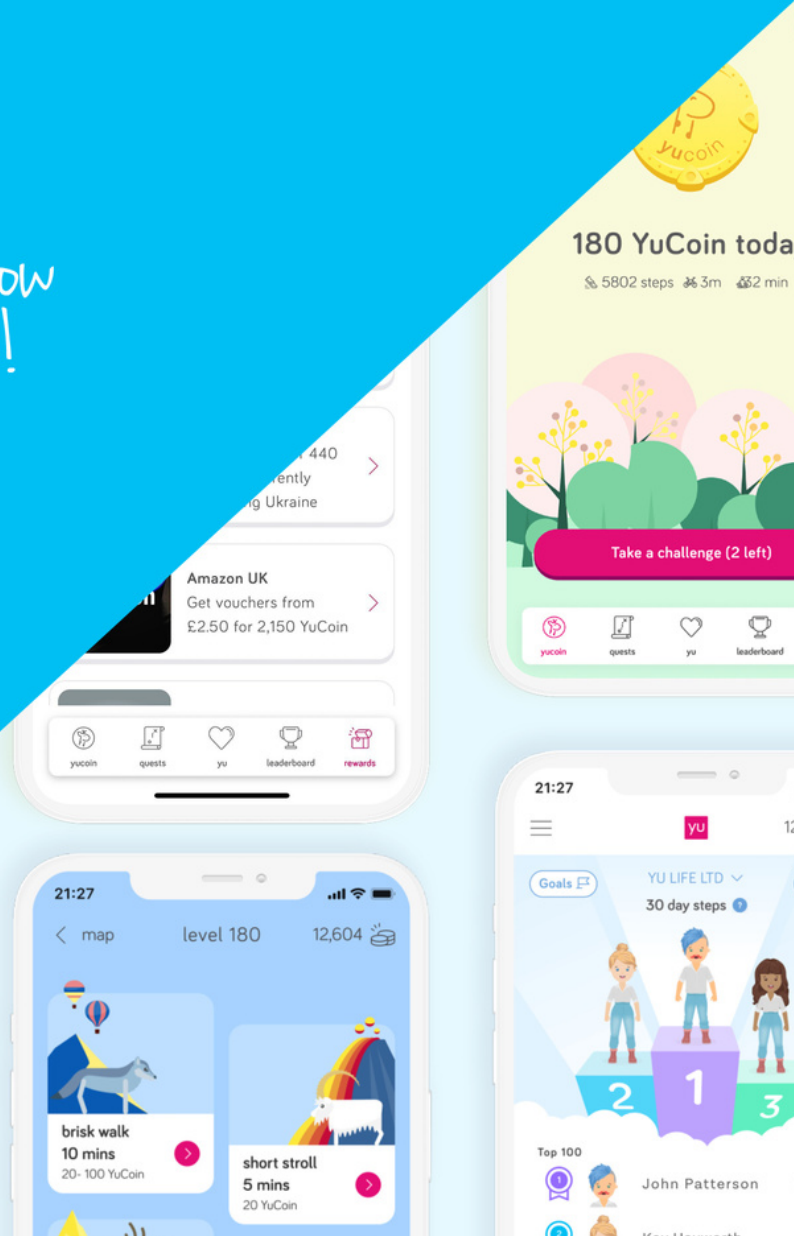


# Welcome to The Yuniverse.

Your guide to your YuLife membership - great rewards  
and wellbeing benefits in one single app.



This is how  
it works!



# It's easy to get started.

**You now have access to some brand new benefits and reward opportunities with YuLife. Your employer has signed you up, so let's get you started!**

Follow the steps below to get going and read on to find out more about some of the exciting things waiting for you in the Yuniverse.

1

When YuLife launches at your company, you will receive an email with a registration link. Follow that link to set up your YuLife password.

2

If you can't find the email, scan this QR code or go to [members.yulife.com](https://members.yulife.com) to create an account.



3

Download the YuLife app from your phone's app store and sign in using your email and the password you just set up.

4

Explore your new benefits in the Wellbeing Hub in the Main Menu.

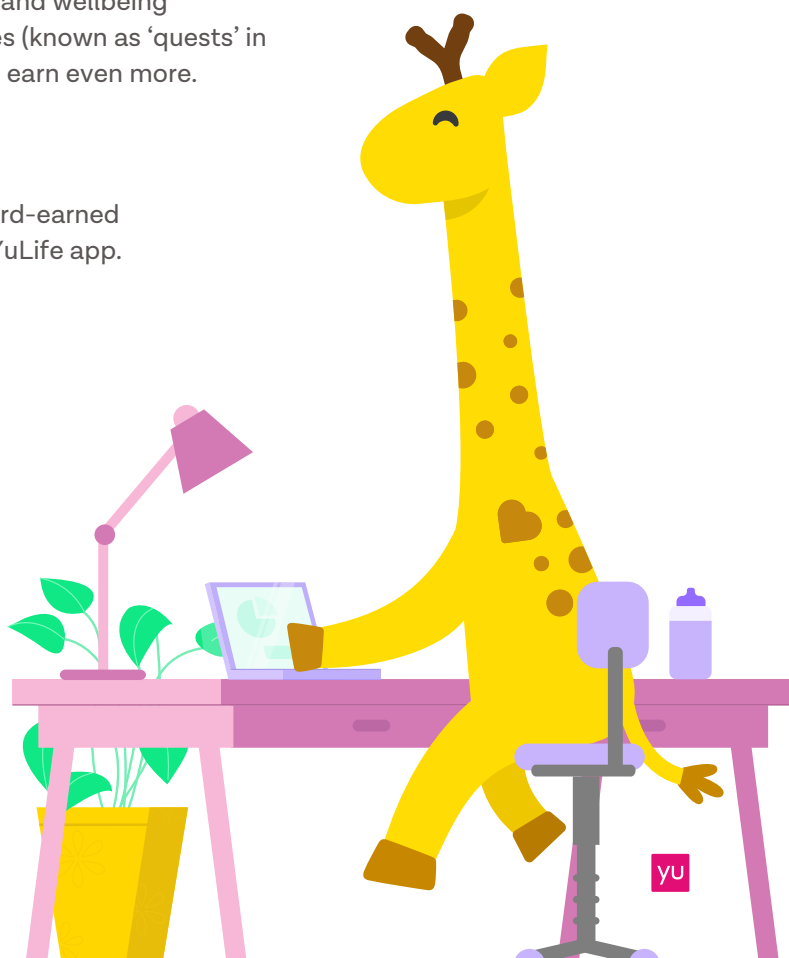
5

Earn YuCoin through your daily steps and wellbeing activities or participating in challenges (known as 'quests' in the app) and duels with colleagues to earn even more.

6

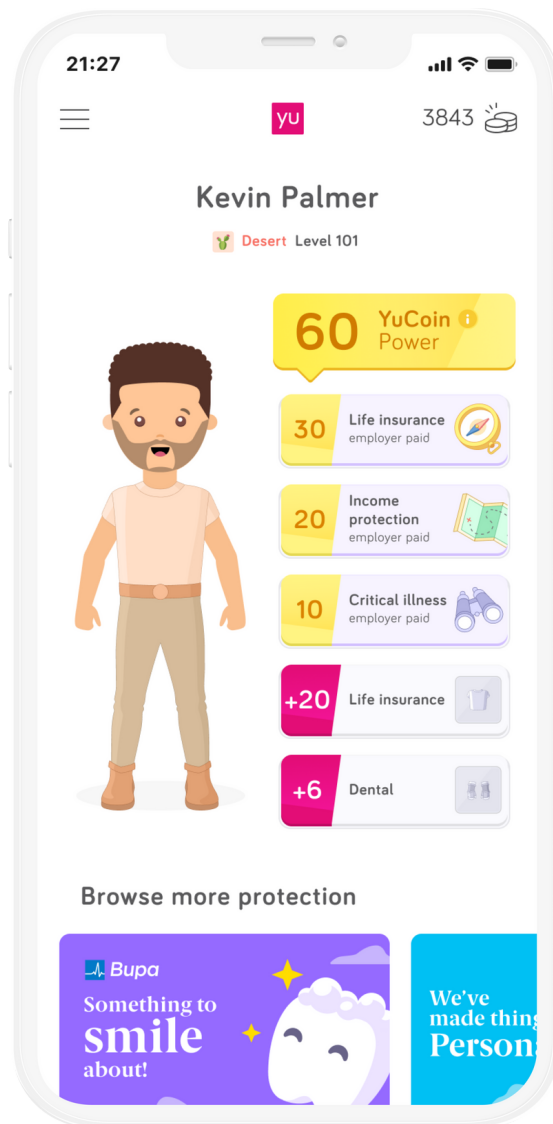
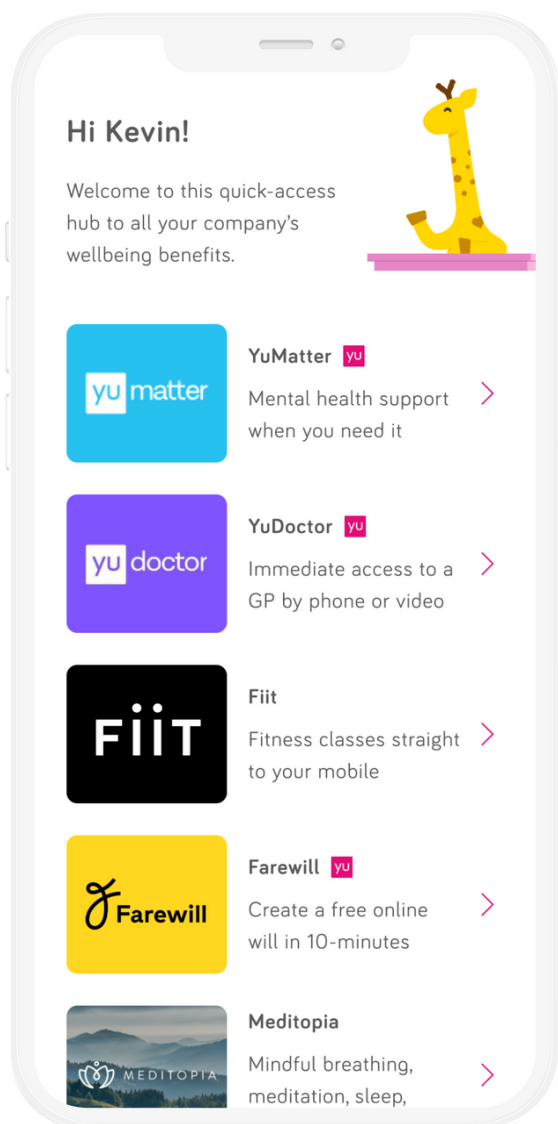
Claim rewards by exchanging your hard-earned YuCoin for great stuff directly in the YuLife app.

*Hi, I'm Yugi, see you around*



# What does my YuLife membership offer?

On the YuScreen, you'll find your customisable Yumoji! If you have any insurance benefits through YuLife unlocked, you can tap on them to find out more information. If you have a life insurance product, you can set up your beneficiaries' details right here in the app!



## The Wellbeing Hub

In the main menu, you'll find the Wellbeing Hub - home to lots of helpful information about your YuLife benefits. For example, if you have access to the free virtual GP service, you'll find all the details for you to use the service in here.

Benefits screen shown as example only

## Leaderboard

Opt-in to your company leaderboard to see how your daily activity stacks up to your colleagues. Games are better when we play together, whether it's friendly competition or ramping up the efforts with your team to achieve a common goal.

## ADDITIONAL FREE VALUE SERVICES

# Mental wellbeing and physical health support.

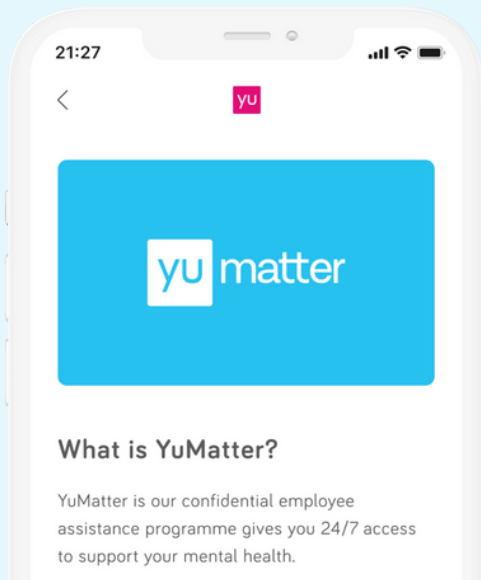
### YuMatter

Our employee assistance programme gives you 24/7 access to mental health support.

YuMatter helps you to take proactive care of your wellbeing; reducing stress and boosting your overall wellness.

#### YuMatter includes:

- 24/7 access to mental health experts
- Structured Clinical counselling
- Bereavement counselling
- Complete confidentiality



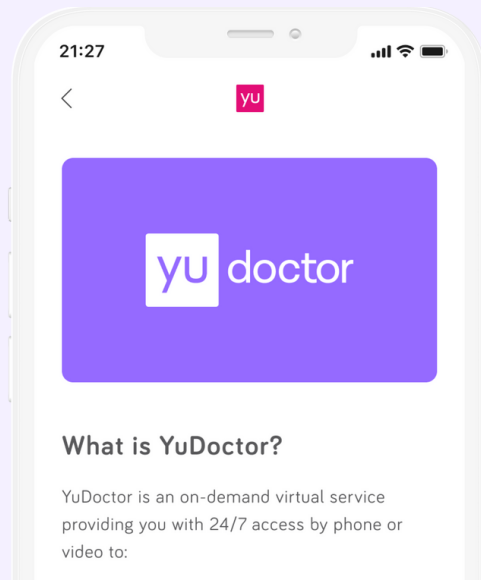
### YuDoctor

At YuLife, we believe in helping everyone live their best life.

YuDoctor gives you and your dependants the 24/7, 365 days a year medical support you need, boosting your health and happiness.

#### YuMatter includes:

- 24/7 unlimited access to experienced GPs
- Telephone and video consultations
- Private prescriptions
- Open referrals and fit notes



To find out more about YuMatter and YuDoctor, and find the links to those services, head to the Wellbeing Hub!

# What is YuCoin?

YuCoin is our currency of wellbeing that you can earn by tracking your daily activity and participating in quests, challenges and competitions that build daily healthy habits.

You can exchange the YuCoin you've earned for amazing vouchers and discounts from brands such as Amazon, Nike and Tesco as well trading it in for the greater good. Keep reading to find out more about the amazing things you can redeem your YuCoin for.

## How do I earn YuCoin?

Once you have downloaded the YuLife app, you will get a prompt to sync with Apple Health or Google Fit Services. After you accept that, we can start rewarding you for your daily steps, cycling, mindful minutes or other compatible wellbeing activities that sync to the YuLife app.



# Additional ways to earn YuCoin.



## Step challenges

You can earn YuCoin from your daily steps. There are three main step challenges: short stroll (5 minutes), brisk walk (10 minutes) & long walk (30 minutes).



## Mindful minutes

A simple 3-10 minutes of mindfulness from a connected app like Meditopia will boost your wellbeing and your YuCoin.



## Fiit classes

Choose from any of Fiit's Hiit, strength or yoga sessions to earn YuCoin.



## Cycling

Earn Yucoin for up to 6 miles of cycling a day.



## Yudoku

A puzzle a day keeps the brain fog away. Boost your brainpower and earn YuCoin with our new daily wellbeing challenge!



## Mood Monitor

By filling in three simple questions about how you're feeling you will be able to check in with yourself, as well as look back on your moods, weekly or monthly.



## Streaks

If you complete a challenge every day for five days in a row, you'll earn bonus YuCoin for completing the streak!



## Chests

The more you progress, the more you earn. You unlock a chest for every seven quests completed, which means a large bounty of YuCoin!



## Duels

Spark some friendly competition with one of your colleagues. Head to the leaderboard and pick a colleague to duel with, choose the amount of YuCoin you are willing to wager, and the person with the most steps at the end of the 24 hour duel wins.

# Earning YuCoin is just half the fun. The other half is what you can do with it!

Our rewards offering is constantly evolving with new options being added regularly, whether you want to treat yourself or someone you love, or donate YuCoin to a good cause.

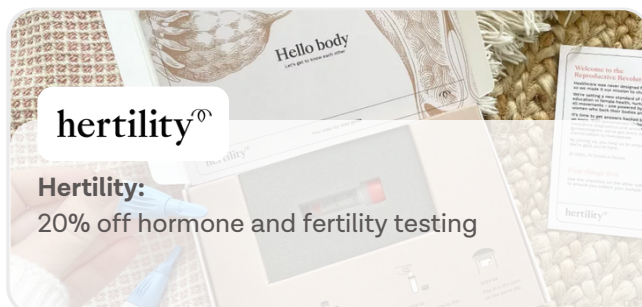
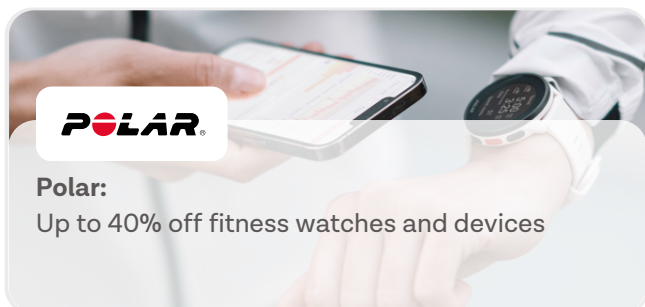
## Retail rewards & gift vouchers

You can trade in the YuCoin you've earned from challenges, quests and engaging in the YuLife game for daily necessities like groceries!



## Health and wellbeing discounts

An opportunity to reinvest in yourself with a variety of health and wellbeing discounts to support you on your wellbeing journey.



## Health and wellbeing discounts



### Meditopia:

A sample selection of guided meditations in-app content available for free, forever. Plus, get 65% off an annual subscription



### Fiit:

58% off online membership to Fiit – 500+ on-demand and group workouts



### Thrive:

30% off Thriva blood test to assess your sleep, energy, cholesterol or vitamin D levels



### Fitbit:

22% off Fitbit fitness trackers and smart watches



### Hussle:

33% off monthly gym membership



### Garmin:

Up to 40% off Garmin wearable devices



### Breathwrk:

73% off an annual Breathwrk Pro subscription



### Moneyhub:

Free 6-month app access to help you manage and budget your finances



### Virgin Experience Days:

20% off 1,000+ experiences from cooking masterclasses to spa days



### Ocushield:

30% discount on medically rated screen filters & glasses



# Make a positive difference in your world.

We've got different rewards that will help you protect your loved ones and also people around the world.



**beam**

**Beam:**

Support homeless people seeking new career opportunities.



**charity: water**

**charity: water:**

Help bring clean and safe water to every person on the planet.



**ShareTheMeal:**

Provide food assistance to people fleeing the conflict in Ukraine and others around the world.



**EARTHLy**

**Earthly:**

Plant trees in partnership with the Eden Reforestation Project.



**Big Blue**

**Big Blue Ocean Cleanup:**

Help remove plastic from our oceans.



**Farewill**

## Write your will for free!

If you have one of our insurance products in the YuLife app, and live in England or Wales, you will also be able to use the Farewill service for free.

Writing a will usually costs £90 or more but with YuLife you can write one online in 10 minutes for free!

Take a look at Farewill in the Rewards section to find out more.



**Willbox**  
Wills Made Simple

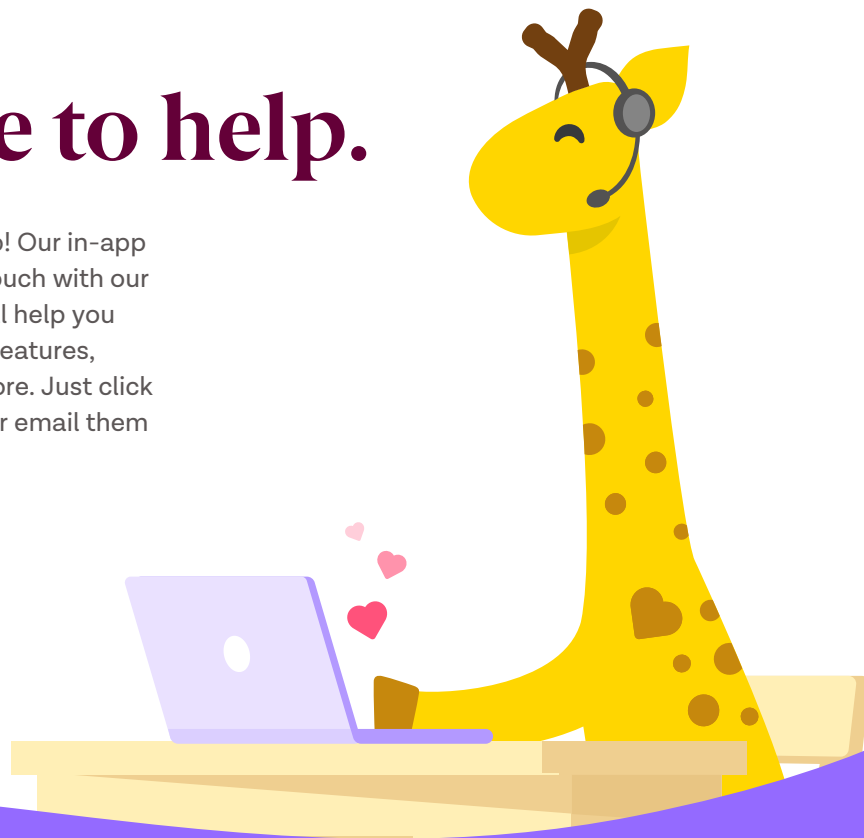
## Create a will in under 30 minutes!

If you have one of our insurance products in the YuLife App and live in Scotland you will be able to use the Willbox service!

Willbox makes it easy to take control and protect your family by writing your will online. Head to the Rewards Store to get a free 12-month Willbox subscription today.

# We're here to help.

The YuCrew are always here to help! Our in-app chat function puts you directly in touch with our Customer Happiness team, who will help you with any questions about the app, features, rewards, wellbeing partners and more. Just click the 'Chat' option in the app menu or email them on [support@yulife.com](mailto:support@yulife.com).



## A reminder of how to claim your account.

1

### Claim your free account

Scan QR code or go to [members.yulife.com](https://members.yulife.com)



2

### Download the app



3

### Connect to Apple Health or Google Fit

If you use a fitness wearable be sure to add it!



4

### Start earning rewards



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