



In a blink of an eye, nearly half a year has passed - remember when you were still deciding on your resolutions to improve or take better care of your health and wellness? 🗨️

It's time to share your progress with **Pulse by Prudential** on how you have been keeping up with your health in the **#HealthJourneyWithPulse** Contest.

Show us your most creative way on how you keep up with your mental 🧠, physical 🏃, **OR** nutritional health 🥗 by joining the #HealthJourneyWithPulse contest in **ANY** of the Pulse communities below to walk away with a RM30 Shopee voucher! 💰

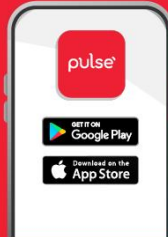


Let's motivate each other to keep up with our health!

Contest period: 17 May to 17 July 2022


How To Participate

STEP 1



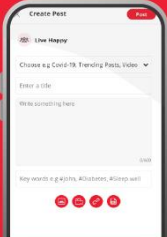
Download & register on the Pulse app

STEP 2



Join My Communities & share your health journey in Live Happy/Move More/Healthy Eating

STEP 3



Title your submission post as "#HealthJourneyWithPulse"

Download Pulse and Join The **#HealthJourneyWithPulse** Contest Now!



[Terms and conditions apply](#)