

#MoodOfTheDay
Contest

RM20
Boost credit up
for grabs!

Check your mood on Pulse's
Mood Tracker & be rewarded!

T&C apply

pulse
by Prudential

Understanding your moods helps you manage them and feel better faster 😊. Kickstart your mood tracking by participating in the Pulse **#MoodOfTheDay Contest** today!

Just few simple steps and **RM20 Boost credit** could be yours. Reward will be given to the first 1,000 submission.

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

Contest period: 24 June to 31 July 2022

How to Participate

Step 1

Download Pulse & tap on "Mental Wellness" on homepage

Step 2

Select your mood of the day on the Mood Tracker

Step 3

Screenshot your Mood Board

Step 4

Step 5

Go to homepage, tap on "My Communities" and join Pulse's communities

Post your screenshot from Step 3 on "Live Happy" community. Title your post as "#MoodOfTheDay" and with an emoji, share with us how you feel

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

<https://onpulse.onelink.me/vVkJ/myMWCWSPBTB>



[Terms and conditions apply.](#)