

BETTER THAN EVER

USG Well-being Program

October 1, 2022 - September 30, 2023

NEW:
More ways
to earn \$200
in 2023!

Let's do this together.

The USG Well-being Program, in partnership with Virgin Pulse, is here to support you with programs, live events, coaching and tools that will help you stay motivated to achieve your well-being goals. You'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and well-being.

This year, we're changing up the ways you can earn credit when you take these steps, but one thing remains the same: you have full access to tools, resources and the USG community to support your well-being goals.

What's new?

- Starting on October 1, 2022, employees and spouses enrolled in a USG healthcare plan can each earn up to a \$200 well-being credit for participating with USG Well-being.
- You will earn well-being credit by completing healthy activities that are worth points.
- Each time you earn enough points to reach a level, you will see a well-being credit reflected in your account (see chart on page 2).
- This year, you have more options for earning points than ever before. See the details on the following pages.
- Also, be on the lookout for special earning opportunities throughout the year.

Get the Virgin Pulse mobile app or go to ourwellbeing.usg.edu.



Get started today!

- Employees and eligible spouses access their USG Well-being account at ourwellbeing.usg.edu.
- Employees can also access through oneusgconnect.usg.edu > **Manage My Benefits** > click on the USG Well-being tile from the home page.
- **Download the Virgin Pulse mobile app.** The Sponsor Code for all institutions is **USG**.



It's easy to do.
Scan here to download the app.

- **Connect a device** to get well-being credit for your steps, active minutes and sleep.

USG Well-being Credit

It's easy to earn up to a \$200 well-being credit by making healthy decisions. The more you do, the more you'll earn.



**Do
Healthy Things**



**Earn
Points**



**Receive
Credit**

How to earn points and achieve levels

As your total points reach Levels 1 through 4, you will earn well-being credit.

	Level 1	>	Level 2	>	Level 3	>	Level 4	Annual Total
Points	5,000		15,000		25,000		40,000	40,000
USG Well-being Credit	\$25		\$50		\$50		\$75	\$200
Cumulative Earnings	\$25		\$75		\$125		\$200	\$200

The following page outlines a variety of actions you can take and what their point values are.

Not a member yet?

Don't miss out on all the fun! get started at ourwellbeing.usg.edu



The more you do, the more you can earn!

The following chart outlines the variety of ways that you can earn well-being credit with USG Well-being. Make sure you register your USG Well-being account by September 30, 2023, to be eligible to earn well-being credit in 2023.

Note: This is not a complete list of earning opportunities. Please see the **Rewards** page in your well-being account for a complete list and note that additional earning opportunities may be added throughout the program year.

	Do healthy things	Earn points
Once ever	Connect first activity device	200
	Add five USG friends	250
	Connect a calorie tracker	100
Annually	Take the Health Assessment survey	5,000
	Complete a financial coaching appointment	1,000
	Track your steps each week of a USG step challenge (2x/year)	2,000
	Complete a biometric screening (onsite or via physician form)	10,000
	Complete 3 preventive care activities in the My Care Checklist ¹	1,000
	Ideal or improved health measurements (up to 7)	500
	Receive a flu shot and/or COVID-19 vaccine ¹	1,000
	Participate in well-being programming offered at your institution	Variable
Quarterly	Set your interests	300
	Complete a Journey (3x/quarter)	500
Monthly	Complete a Virgin Pulse coaching appointment (6x/year)	1,000
	Monthly Milestone: 20 days in a month tracking 7,000 daily steps	200
Weekly	Participate in a Money Monday Workshop	250
	Participate in a Well-being Wednesday Workshop	250
Daily	Track steps (1,000 - 10,000 steps)	10 - 100
	Track sleep (via device)	20
	Track your Healthy Habits (3x/day)	10
	Do your Daily Cards (2x/day)	10
	Daily calorie tracking with MyFitnessPal	20

Employees and spouses enrolled in a USG healthcare plan can each earn up to a \$200 well-being credit for participating with USG Well-being. The USG Well-being program is completely voluntary and confidential. Well-being credit earned October 1, 2022, through September 30, 2023, will be paid in your last November 2023 paycheck. You may participate in the program all year, but you must complete activities by September 30, 2023, to earn credit. To receive the credit, you must be a current full-time employee or spouse enrolled in a USG healthcare plan during the pay period in which the credit is paid.

¹Kaiser Permanente members who complete KP activities are required to accept the wellness agreement at <http://kp.org/engage> to receive credit.



Connect a device to your Virgin Pulse app



Keep track of how well you're doing by using a fitness tracker or your mobile phone. Then challenge yourself to take it up a notch!

Step 1

Hover over your profile picture in the right corner of the top-navigation menu. In the drop-down menu that appears, select **Devices & Apps**. Here you will find which devices are compatible with the Virgin Pulse app.

Step 2

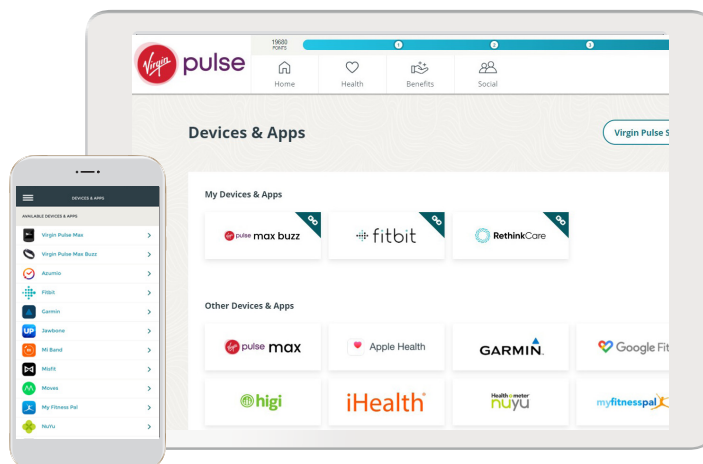
Select the device you'd like to connect.



Step 3

Follow a few simple steps. You'll see instructions right on your screen.

Your connection will be made successfully, and you'll be redirected back to the **Devices & Apps** page, where there should be an icon in the top right corner of the section that you just connected.



Questions?

Send us an email: support@virginpulse.com or give us a call: 833-724-4874