

2020 USG Well-being

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What we'll discuss today

- 2020 USG Well-being
- Other Benefits
- Questions?



2020 USG Well-being



New Platform & App

- In 2020, USG Well-Being is reinvigorating its platform with a new website and app.
 - You will need to create a **new username and password**.
 - Download Virgin Pulse app and remove RedBrick Health app.
- Your path to well-being is a journey, not a destination.

Live your best life today.



Earning Opportunities

Healthcare Enrolled Employees and Spouses

HEALTHY ACTIVITY	WHAT YOU NEED TO DO	WELL-BEING CREDIT
Health Assessment	Complete the online Health Assessment . Your answers are confidential.	\$25
Activity Tracking	Track 7,000 steps 20+ days in a month.	\$15 (can earn 1x/month)
Connect device	Connect a supported fitness device or app.	\$10 (earn once ever)
Journeys (Digital Coaching)	Complete a whole Journey (digital coaching), a self-directed well-being experience. You may earn this twice.	\$25 (can earn 2x/year)
Well-being phone coaching A health coach can work with you to provide answers to your health questions, support for overcoming obstacles and set small, achievable goals.	Any healthcare enrolled employee and spouse: You have access to free coaching through Virgin Pulse. Log in to ourwellbeing.usg.edu and select Programs > Phone Coaching. Browse the topics available and schedule a call at your convenience. Anthem members: Call 1-800-785-0006. Participate in coaching for asthma, diabetes, heart failure, coronary artery disease (CAD) and chronic obstructive pulmonary disease (COPD). Kaiser Permanente members: You may also access phone coaching through your plan. Get started at kp.org/engage .	\$15 per call (can earn 4x/year for all well-being coaching by phone options, including diabetes and tobacco cessation coaching.)
Diabetes phone coaching	Participate in diabetes-related phone coaching through Virgin Pulse.	
Tobacco cessation phone coaching	Participate in a tobacco cessation phone-coaching program through either Virgin Pulse or Kaiser Permanente (for plan members).	
Financial coaching	You have access to free coaching through one of our partners: Fidelity (800) 343-0860 TIAA (800) 732-8353 AIG Retirement (866) 279-1444	\$20 (can earn 1x/year)
Earn		Up to \$100
Total possible reward per family		Up to \$200



More Earning Opportunities...

Healthcare Enrolled Employees and Spouses

HEALTHY ACTIVITY	WHAT YOU NEED TO DO	WELL-BEING CREDIT
Volunteer or participate in community events	Record your participation in a community event of your choosing. This does not need to be physically strenuous.	\$15 (can earn 2x/year)
Flu Shot	Help prevent the flu. Utilize your Anthem ID card at your physician office or any retail health clinic. Kaiser Permanente members utilize a KP facility or update your account with flu shot information.	\$25 (can earn 1x/year)
Money Monday	Participate in monthly financial education workshops with a WebEx format broadcasted to the entire USG.	\$15 for 3 workshops (can earn 2x/year)
Well-being Wednesday	Participate in monthly health education workshops with a WebEx format broadcasted to the entire USG.	\$15 for 3 workshops (can earn 2x/year)
USG Challenge	Track steps once a week for all weeks of the USG challenge	\$25 (can earn 2x/year)
Add 5 friends	Invite five friends from USG to the USG Well-being platform.	\$10 (earn once ever)
Healthy Habits tracking	Track your healthy habits in the platform such as hours slept, exercise breaks, your mood, etc. for 20+ days in a month.	\$5 (can earn 1x/month)
Daily Cards	Complete 20+ daily cards in a month that include health tips and appear on your homepage.	\$5 (can earn 1x/month)
	Earn	Up to \$100
	Total possible reward per family	Up to \$200



Earning Opportunities

Healthcare Eligible Employees

HEALTHY ACTIVITY	WHAT YOU NEED TO DO	PRIZE-DRAWING ENTRIES
Health Assessment	Complete the online Health Assessment . Your answers are confidential.	1 drawing entry (can earn 1x/year)
Activity tracking	Track 7,000 steps 20+ days in a month.	1 drawing entry (can earn 1x/month)
Connect a device	Connect a supported fitness device or app.	1 drawing entry (earn once ever)
Money Monday	Participate in monthly financial education workshops with a WebEx format broadcasted to the entire USG.	1 drawing entry for 3 workshops (can earn 2x/year)
Well-being Wednesday	Participate in monthly health education workshops with a WebEx format broadcasted to the entire USG.	1 drawing entry for 3 workshops (can earn 2x/year)
Journeys (Digital Coaching)	Complete an online, self-directed well-being experience. You may earn this twice.	1 drawing entry (can earn 2x/year)
Add 5 friends	Invite five friends from USG to the USG Well-being platform.	1 drawing entry (once ever)
Healthy Habits tracking	Track your healthy habits in the platform such as hours slept, exercise breaks, your mood, etc. for 20+ days in a month.	1 drawing entry (can earn 1x/month)
Daily Cards	Complete 20+ daily cards in a month that include health tips and appear on your homepage.	1 drawing entry (can earn 1x/month)
Volunteer or participate in community events	Record your participation in a community event of your choosing. This does not need to be physically strenuous.	1 drawing entry (can earn 2x/year)
USG Challenge	Track steps once a week for all weeks of the USG challenge	1 drawing entry (can earn 2x/year)
Earn		Up to \$100
Total possible reward per family		Up to \$200



Get Started

- Employees and spouses enrolled in a USG healthcare plan can participate and earn the well-being credit.
- Employees that are healthcare eligible but not enrolled can participate and earn prizes.
- Retirees and Graduate Research Assistants are not eligible to participate at this time.
- Before you can start earning your well-being credit, you need to create an account with Virgin Pulse in 2020.
- This is how you join:
 - **Employees:** Register through OneUSG Connect – Benefits at oneusgconnect.usg.edu > click on Manage My Benefits > click on the USG Well-being tile from the home page.
 - **Spouses:** Register through ourwellbeing.usg.edu.
 - Enter your first name, last name and date of birth.
 - Agree to the account terms and conditions.
 - Follow the prompts to create login credentials.
- Once you complete your registration, download the mobile app for on-the-go access and start browsing the Virgin Pulse platform.
- Complete activities between Jan. 1 and Sept. 30, 2020.



Get Started



Already a member?

[SIGN IN](#)

English

We use cookies to improve your experience on our site. They help us to remember log-in details and provide secure log-in, collect statistics to optimize site functionality, and deliver content tailored to your interests. Click or continue to use the site as usual to accept cookies, or find [more information](#) on the types of cookies we use.



Sign Up

Let's make sure you're eligible to join.

NAME

First Name

Last Name

DATE OF BIRTH

Year

Month

Day

COUNTRY

United States

STATE OF RESIDENCE

CONTINUE



UNIVERSITY SYSTEM OF GEORGIA
Well-being



OneUSG Connect – Single Sign On

- **STEP 1:** On the USG Faculty and Staff portal, locate ACTIVE USG EMPLOYEES and click **Manage my Benefits**.
 - *If you select “OneUSG Connect”, proceed to step 2. Once logged in:*
 - *Click Employee Self Service and select Benefits from the drop down menu.*
 - *Select Manage My Benefits.*
- **STEP 2:** Enter your username and password and click **LOGIN**.
 - *Make sure you are near your office phone or have your cell phone for DUO login.*
 - *You may have to choose an authentication method for DUO login if you haven't.*
- **STEP 3:** Locate the tile **USG Well-being**.

*You may also visit **ourwellbeing.usg.edu** from your computer or any mobile device and log in if you wish to not proceed through the USG single sign on.*



OneUSG Connect – Single Sign On

ACTIVE USG EMPLOYEES

Enter time, request absences, enroll in and manage retirement savings plans, and view other HR and payroll information.

OneUSG Connect

Enroll in, view and manage health and wellness benefits.

Manage My Benefits



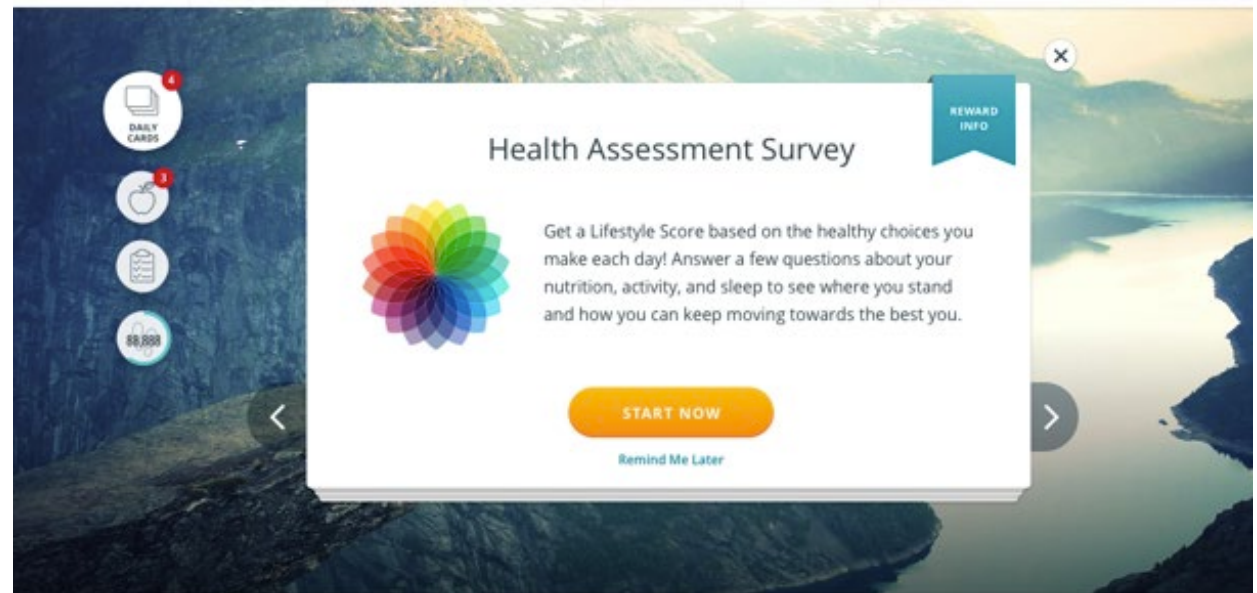
[Oneusgconnect.usg.edu](https://oneusgconnect.usg.edu)

*You may also visit **ourwellbeing.usg.edu** from your computer or any mobile device and log in if you wish to not proceed through the USG single sign on.*



Health Assessment

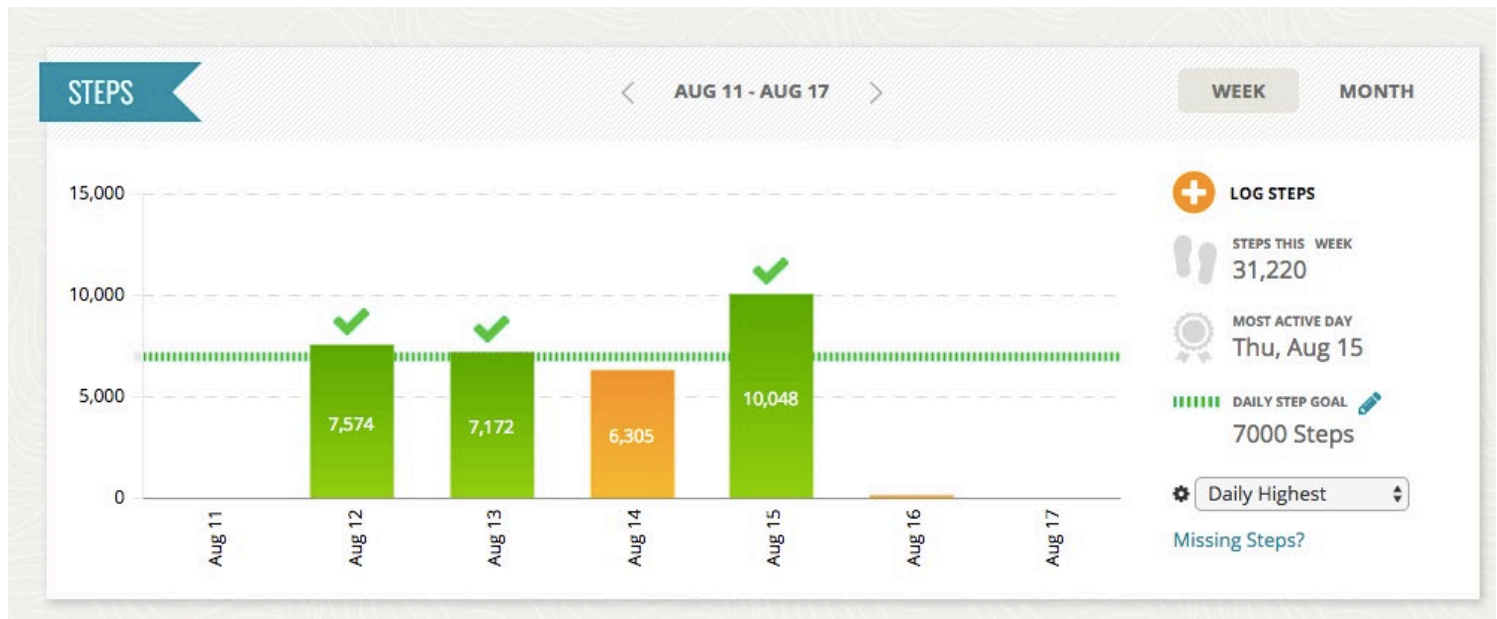
- The traditional Health Assessment reinvented.
 - Confidential.
 - Interactive, engaging, and educational.
 - Provides one health score, with risk levels.
 - Personalized with recommendations for improvements.



Activity Tracking



- Multi-dimension tracking of health habits.
- Track physical activity, nutrition, and life balance habits.
- Integrates data from connected devices and apps.
- Track 7,000 steps 20 days in a month for \$15 (earn up to 1x/month)
 - You can earn this every month prior to the rewards deadline

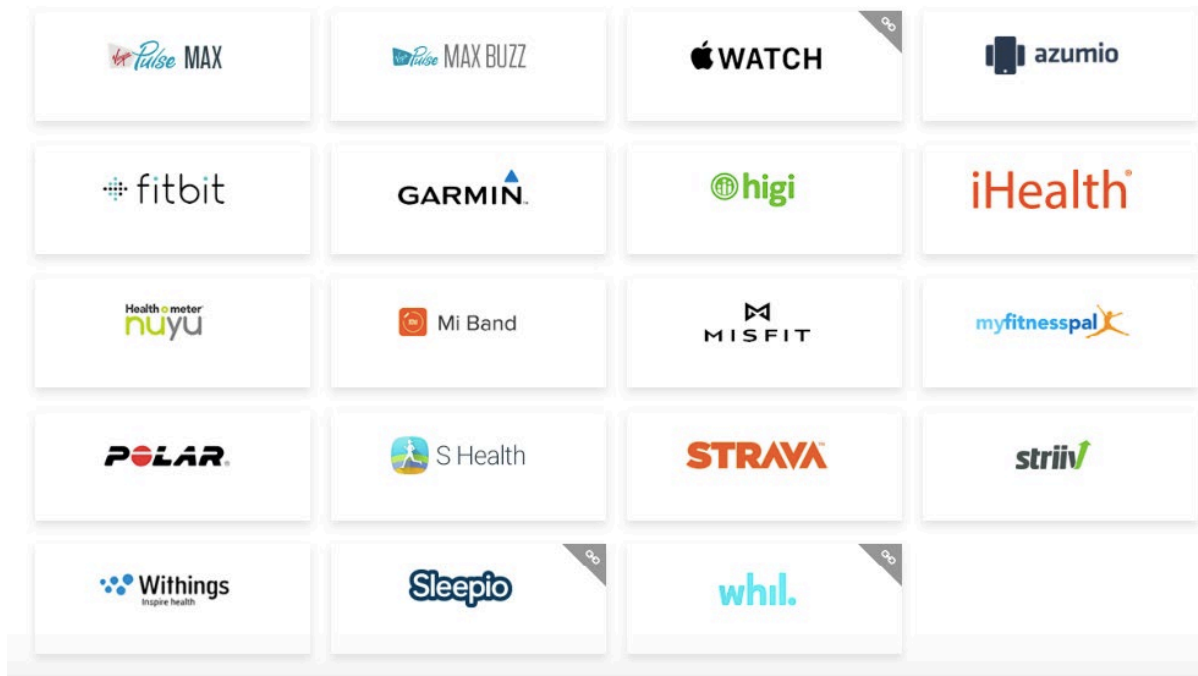


Connect a Device



- Find your device and click **Connect**.
 - Directs you to login with your device account for your Garmin, Fitbit, etc.
- Syncing a device earns you a \$10 well-being credit (once ever).

Select your brand of app or device to connect to Virgin Pulse. View the latest supported devices in our [FAQ](#).



Connecting with an Apple Device



The Health app on your Apple Watch or iPhone tracks how much you move, how well you're eating, your sleep and how well you relax.

Note: Apple devices can only be connected (or disconnected) using the Virgin Pulse app on your mobile device.

- 1) Open the Virgin Pulse app on your mobile device.
- 2) Tap the menu (3 horizontal lines) in the top left corner.
- 3) Choose "Devices and Apps" from the left menu
- 4) Select "Apple Watch" and follow the prompts to connect.



Connecting with Samsung Health

- The Samsung Health app on your Android Phone tracks how much you move, how well you're eating, your sleep and how well you relax.



- Note: Android devices can only be connected (or disconnected) using the Virgin Pulse app on your mobile device.
 - Open the Virgin Pulse app on your mobile device.
 - Tap the menu (3 horizontal lines) in the top left corner.
 - Choose "Devices and Apps" from the left menu
 - Select "Samsung Health" and follow the prompts to connect.




Journeys (Digital Coaching)




- Digital coaching provides an online experience tailored to each individual to empower meaningful and sustainable behavior change.
- Completing a whole Journey earns you a \$25 well-being credit (2x/year).
- Specialized.
- Integrated.
- Person first.
- It works!

Start Your Journey!

You're here for healthy fun, and we're here to make it easy and rewarding! What's in it for you:

**Be Healthy Every Day**
Track your Healthy Habits, do your Daily Cards, and get at least 7,000 Steps a day!

**Earn Big with a Daily Routine**
Being healthy every day earns you trophies as well as bonus points for consistency!

LET'S DO THIS!

JOURNEY: DINE OUT WITH DIABETES

You can enjoy a great restaurant meal and keep your diabetes in check. It's all about small choices you make each time you sit down with a menu. Have a little fun ordering differently, and never look at a menu quite the same way again.

[START NOW](#)

JOURNEY: FIT TO WALK WITH DIABETES

Improving your fitness can be an important key to managing your diabetes. Tell us a little more about you, so we can help you get started on your Journey.

[Show More](#)[START NOW](#)

JOURNEY: GET STRONG AT HOME

You want to get stronger, but you're not ready to make a commitment to a gym or a trainer. Discover how to get strong at home, and learn some great strength-training moves.

[Show More](#)[START NOW](#)

Well-being phone coaching



- Work with a health coach one-on-one at no extra cost.
- He or she can provide answers to your health questions, support for overcoming obstacles and set small, achievable goals.
- Phone coaching is provided by our well-being partner Virgin Pulse.
- Phone coaching is also available through Anthem and Kaiser Permanente.
- How to earn the incentive:
 - Log in, locate the Programs page and select phone coaching. Browse the topics available and schedule a call at your convenience.
 - Topics include nutrition, stress, sleep, physical activity, mental health and more.
 - Earn a \$15 well-being credit for each call (4x/year) for all wellness coaching by phone options, including diabetes and tobacco cessation coaching.

PHONE COACHING: EAT RIGHT

Meet with a nutrition coach to create a plan for healthy eating. Get ongoing support as you learn to buy and prep the right foods for you, and develop habits you'll keep for a lifetime.

[Show More](#) ▼



START NOW



Diabetes and Tobacco coaching



- Participate in diabetes or tobacco focused phone coaching programs through Virgin Pulse. Get expert guidance to help control diabetes.
- Earn a \$15 well-being credit for every call (4x/year) for diabetes and tobacco cessation phone coaching.
- Virgin Pulse tobacco cessation coaching includes but is not limited to:
 - Helping you set a quit date and preparing for that date
 - Identification of tobacco triggers and coping strategies
 - Determining an individualized cessation plan
 - Guidance on nicotine replacement therapy products
- Tools and Resources:
 - Georgia Tobacco Quit Line: (877) 270-7867
 - Kaiser Permanente: (866) 862-4295
- Free Nicotine Replacement Therapy
 - All products must be physician-prescribed in order to have a \$0 co-pay



Anthem Coaching



- (800) 785-0006
- Participate in coaching for:
 - Asthma
 - Diabetes
 - Heart Failure
 - Coronary Artery Disease (CAD)
 - Chronic Obstructive Pulmonary Disease (COPD)



Kaiser Permanente Coaching

- Visit kp.org/engage
- Choose from 5 different Wellness Coaching by Phone topics (stress management, physical activity, weight management, tobacco, and healthy eating)

Step-by-step instructions

Get started on your wellness program from University System of Georgia.

You'll need to accept the Wellness Program Agreement to participate. Here's how:

1 Sign on

- Go to kp.org/engage.
- Sign on with your kp.org user ID and password.
- If you are not registered at kp.org, click the "Register for an account" button to get a user ID and password.



2 Agree

- To receive credit for your activities, check "Yes" to accept the Wellness Program Agreement, then click "Submit."
- If you check "No," you will not earn credit for your Kaiser Permanente wellness program activities.

☐ Yes, I want reward! I agree to share my information. Let the wellness program challenge begin!

☐ No, I don't agree to share my information. I understand that, as a result, I will not be able to earn rewards for the Kaiser Permanente wellness program activities.

3 Participate

- Get started on your wellness activities.



Financial Coaching



- USG employees are welcome to schedule a free confidential appointment with a financial coach.
 - Programs are offered through **Fidelity, TIAA, and AIG Retirement.**
 - Fidelity: 800-343-0860
 - TIAA: 800-732-8353
 - AIG Retirement: 866-279-1444
- Knowledge is power:
 - Am I saving enough?
 - Am I invested appropriately?
 - Am I on track to retire when I want?



Community and Local Events



- Earn well-being credit for events of your choosing:
 - Volunteering.
 - Local homeless shelter, food bank, etc.
 - Service Day on Campus.
 - Community events.
 - 5K, 10K, other road races.
- Log into your account via desktop or mobile and record the event you participated in to earn a \$15 well-being credit (2x/year).
- Navigate to the Programs page to record your volunteer work or participation in a community event.
- Events do not need to be physically demanding to count.



Flu Shots



Stay healthy and help prevent the flu with an annual vaccine.

Available at your convenience:

- Anthem members: Use your ID card.
- Kaiser Permanente members: You must use a Kaiser facility or update your medical record at kp.org/flu, if you received a flu vaccine outside of Kaiser Permanente.
- Retail Health Clinic.
- \$25/year for receiving a flu shot.
 - Earning period: Oct. 1, 2019 – Sept. 30, 2020



Money Monday



- Monthly financial education workshops with a Microsoft Teams format broadcasted to the entire USG.
- Earn \$15 for completing 3 workshops (2x/year).
- Workshops provide:
 - Guidance to employees who may be stressed about economic conditions, market fluctuations, and their personal finances.
 - Education about benefits in the context of personal financial planning including:
 - Saving.
 - Investing.
 - Debt management.
 - Planning for the unexpected.
 - Last business Monday of every month.
 - Location rotates each month for live presentation.
 - Visit www.usg.edu/well-being under “events” to register.



Well-being Wednesday

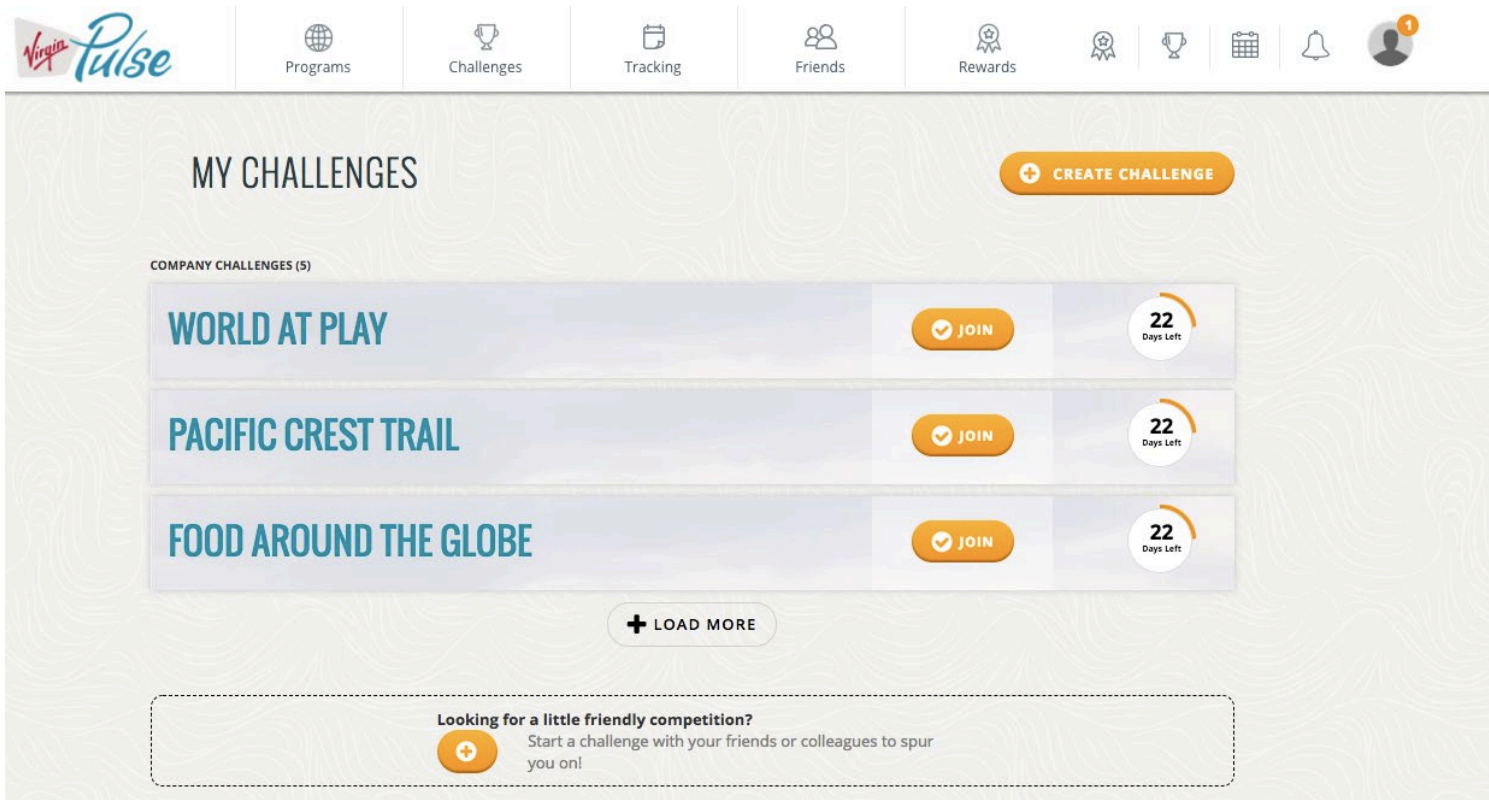


- A monthly education workshop with a Microsoft Teams format broadcasted to the entire USG.
- Earn \$15 for completing 3 workshops (2x/year).
- Learn about opportunities available from USG Well-being.
 - Education about benefits in the context of personal well-being including:
 - Stress.
 - Sleep.
 - Nutrition.
 - Physical Activity.
 - Second business Wednesday of every month.
 - Location rotates each month for live presentation.
 - Visit www.usg.edu/well-being under “events” to register



USG Challenges

- Join a USG challenge and track your steps at least once a week for all weeks of the challenge to earn \$25 (2x/year).
- You can even create your own personal healthy habit or activity tracking challenges and compete with your friends.



Appalachian Trail (Virtual) Challenge

Get ready for your next team challenge!

- Appalachian Trail **starts Feb. 10**. This is your chance to team up with colleagues to get active and start a little healthy competition. Here's how:
 - Go to the team challenge page!
 - Join a team (they'll be happy to have you)
 - Make sure your activity tracker is connected to get credit for all your hard-earned steps.
- Time to get rugged! Your crew is going start to finish on this legendary trail. Trek to each destination., unlocking American backcountry survival tips as you go. Better pack your team spirit and gusto – it's a long hike from here!



Appalachian Trail Challenge

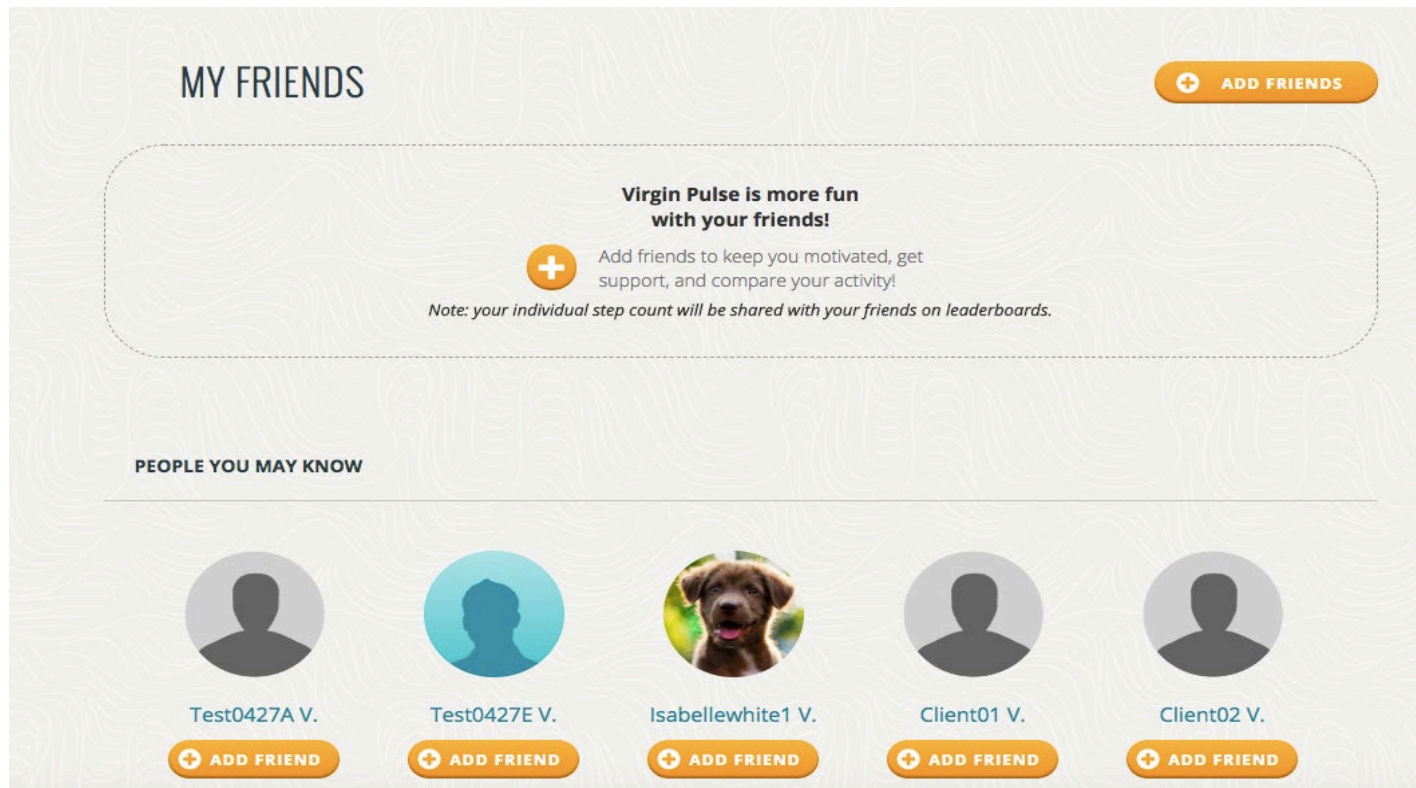
- Registration begins:
 - **Jan. 27**
- Challenge runs:
 - **Feb. 10 – Mar. 23**
- Join an existing team or create a new team.
 - Team size: **2-10**
- Team scores are based on total team steps.
 - Maximum of 30,000 steps per day (so aim high)!
- As you go, try to unlock each destination with your team. If you unlock all the destinations before the challenge ends, keep walking. Another team could pass you on the Challenge Leaderboard.



Add 5 Friends



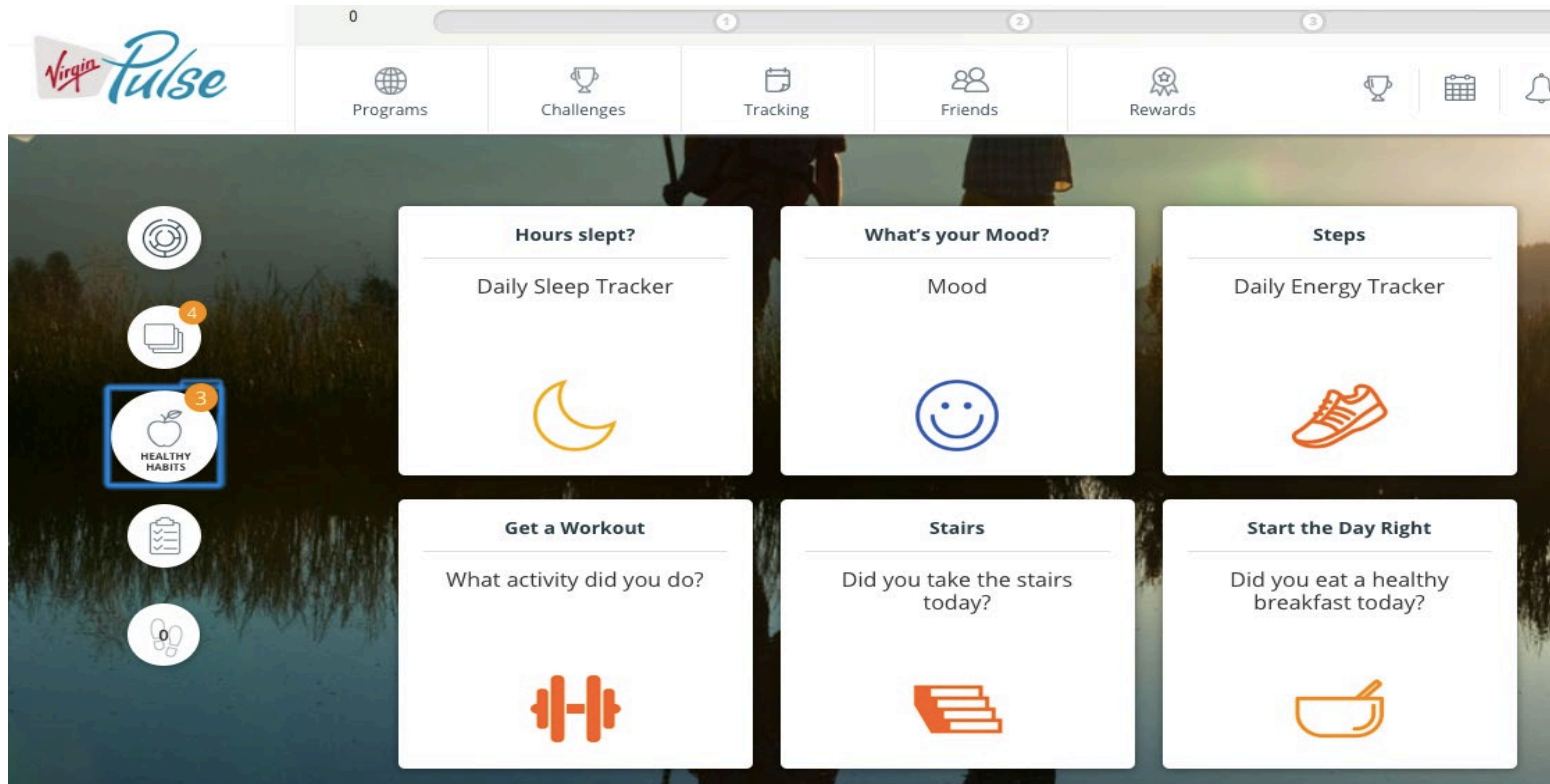
- Add 5 friends within the University System of Georgia and earn \$10 once ever.



Healthy Habits Tracking



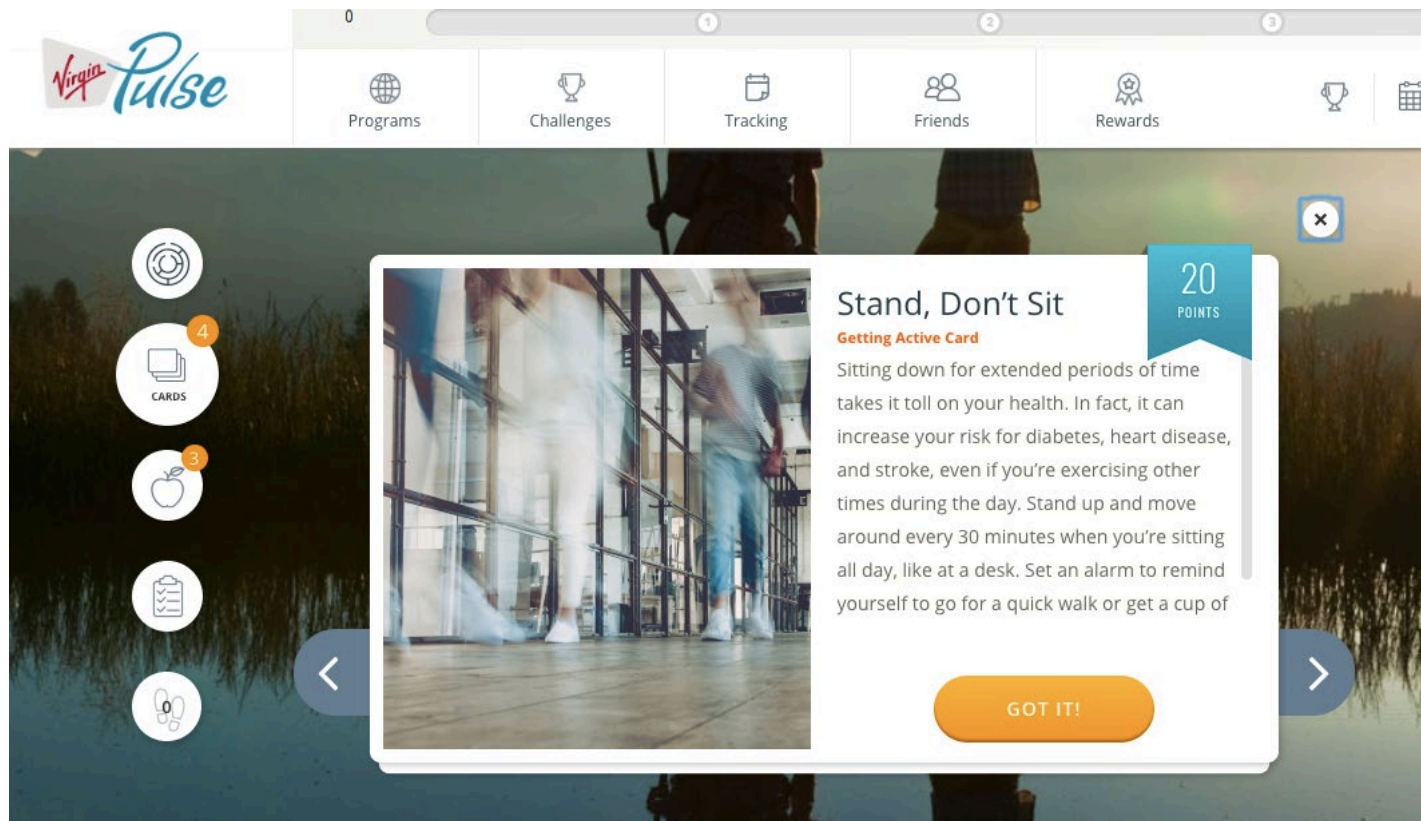
- Track a Healthy Habit for 20 days in a month to earn \$5 (1x/month).
- You can earn for tracking habits such as hours slept, your mood, your workouts, taking the stairs, etc.



Daily Cards



- Complete 20 daily cards in a month and earn \$5 (1x/month).
- Daily cards are recommended to you based on your activity and interests in the platform.



Other Benefits



KEPRO


Whatever the problem.. KEPRO Can Help You When You Need It!

FREE and confidential assistance for full-time, part-time and your household!

- Help resolve personal challenges like:
 - Marital
 - Financial
 - Emotional
 - Family issues
 - Substance/alcohol abuse



KEPRO

- A wide array of other services, such as:
 - Basic legal assistance and referrals.
 - Adoption assistance.
 - Pet services referrals.
 - Assistance finding child and elder care services.
 - Daily living and concierge (travel, cleaning services, moving, etc.).
 - Contact KEPRO 24/7/365 at 1-844-243-4440
 - www.eaphelplink.com; password is USGcares
- 
- A word cloud graphic located in the bottom right corner of the slide. The words are arranged in a cluster, with some words being larger and more prominent than others. The words include: 'Aging', 'Stre', 'Pets', 'Loss', 'Drugs', 'New Parent', 'Technology', 'Violence', 'War', 'Respect', 'Fire', 'Goals', 'Step parents', 'Advance Directive', and 'Life'. The colors of the words vary, including shades of blue, orange, and black.



LiveHealth Online

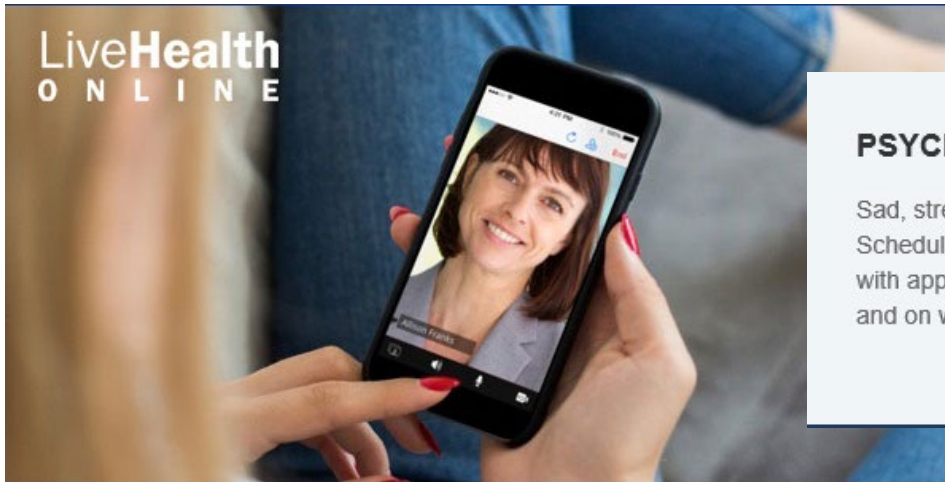


- **New 2020!** 3 Free Visits for Comprehensive Care and BlueChoice HMO plan members.
- **Save money and time** by using LiveHealth online from your smartphone, tablet or computer 24/7. Get the free app!
- See a doctor for these conditions and more:
 - Flu, Minor rashes, Sore throat, Pink eye, Allergies, Cold, Fever, Skin infections, Headache.
- Access through your mobile device or online at <https://livehealthonline.com/>



LiveHealth Online

- See a licensed therapist from the privacy of your home.
 - Get help for these issues and more:
 - Stress, Life transitions, Anxiety, Relationship troubles, Depression, Grief, Coping with illness, Panic attacks.



PSYCHOLOGY

Sad, stressed or need to talk?
Schedule a 45-minute therapy visit,
with appointments at extended hours
and on weekends, too.



Going through challenges or changes in life?

Tap into LiveHealth Online Psychology! Now you can have a visit with a licensed online therapist or psychologist from the comfort of home.



Retail Health Clinic

Affordable and Convenient

- Open 7 days a week, including evenings and weekends.
- No appointment necessary.
- Provide services for adults and children:
 - Diagnose and treat more than 125 common illnesses, injuries and skin conditions.
 - Administer vaccinations, screenings and physicals.
 - Write prescriptions when medically appropriate.
- Example
 - Find a CVS minuteclinic clinic near you: Visit [minuteclinic.com](https://www.minuteclinic.com).
 - (866) 389-2727.
 - CVS Caremark mobile app.



Primary Care Physician (PCP)

- A primary care physician (PCP) is your main doctor.
- Always try to go to your PCP first for health concerns or questions.
 - Focus on preventing illnesses and helping you get healthy faster and stay healthy longer.
 - Coordinate your overall health care to avoid any gaps in care. Things like setting up appointments with specialists to ensure you're following your prescription plan and getting the right tests and screenings regularly.
 - Help you avoid unnecessary medical services and tests, saving you money, and reducing stress.



Benefits 101 Videos

■ Healthcare

- **Preventative Care:** learn more about preventative care insurance and services, how they work, and how they relate to your healthcare.
- **Coinsurance:** learn more about the meaning of coinsurance and how it relates to your healthcare.
- **Deductible:** learn more about the deductible and how it relates to your healthcare.
- **Copay:** learn more about copay and how it relates to your healthcare.
- **Telemedicine:** learn more about how telemedicine makes life easier for patients. It allows them access to care without having to go to a doctor's office.
- **Where To Get Care:** learn more about Anthem's roadmap to get healthcare.

■ Life

- **Life insurance:** learn more about the value of life insurance

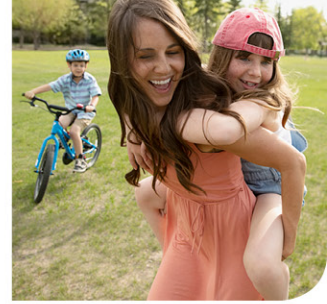
■ Vision

- **EyeMed:** learn more about how to navigate your vision benefits

Benefits 101 Videos



Website - Demo



QUESTIONS?

For questions regarding the program,
email usgwellbeing@usg.edu
or call 833-724-4874.

