USG Well-being
February 17, 2021
In order to qualify for well-being credits in 2021, the employee and/or their spouse must be enrolled in a USG healthcare plan, must register on the USG Well-being platform, AND complete a Health Assessment in 2021.

Employees enrolled in the USG healthcare plan and their eligible enrolled spouses are eligible to earn the credit.

Expanded activities to earn the credit – information is available on the USG website - https://www.usg.edu/well-being/site/article/2021_usg_well_being

Every year we assess the credit, activities and impact of the well-being program success and the overall healthcare plan budget to make recommendations for the next year.
Food Around the Globe Challenge – begins Monday, Feb. 8 and ends March 21!

❖ Participate in a virtual steps challenge around the world
  ❖ Add up steps and reach destinations, they unlock recipes for local cuisine

❖ New – this year, employees who complete the challenge can earn rewards!
  ❖ Employees and spouses enrolled in a USG healthcare plan can earn $20 in 2021 USG Well-being credits for completing a challenge
  ❖ Must track each week to qualify

❖ To Join the Challenge
  • Sign in to or register your USG Well-being account:
  • Employees: register through One USG Connect - Benefits at oneusgconnect.usg.edu, > click on Manage My Benefits > click on the USG Well-being tile from the home page – or Employees and Spouses: Register through ourwellbeing.usg.edu.
  • Go to the team challenge page, Join an open team—or make a new one!
  • Make sure your activity tracker is connected to get credit for all your hard-earned steps
Mental and Emotional Well-being
USG Faculty and Staff
Rates of depression have increased by 20% over three years (Anthem Plans, claims only).

Rates of anxiety disorder have increased by 27% (Anthem Plans, claims only).

36% of USG employees (11,282) completing the 2019 Health Assessment report having “high stress” levels.

Behavioral health costs for USG-insured employees have increased by more than 15% in the past year.
• Working on putting together a resource guide and toolkit for campuses to communicate resources and implement mental health programming.
  • To be released tentatively – May/June 2021

• Currently talking with groups to get feedback about campus needs and collecting data – USG data available through Anthem, Virgin Pulse, Kepro and state and national data
Mental Health and Emotional Well-Being

Kepro – Employee Assistance Plan

https://www.usg.edu/well-being/site/article/usg_employee_assistance_program

Learn more. Your company code is: USGcares
1-844-243-4440; Available 24/7; 365 days a year

• Counseling and Life Resources
  • Up to 4 sessions, per counseling issue
  • Telephonic Counseling
  • 24/7/365 Toll-free access to licensed clinical caring professionals