



# USG Well-being

February 17, 2021

# 2021 Well-being - \$100 Credit

- ❖ 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](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.



# Well-being - Challenge

**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](https://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](https://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**

# Snapshot

## Prevalence of Chronic Conditions

### University System of Georgia

Population: Active Employees

Data Source: Anthem BCBS and CVS Claims in IBM Watson Health Analytics Database

Time Periods: Year 1 (Aug 2017 - Jul 2018), Year 2 (Aug 2018 - Jul 2019), Year 3 (Aug 2019 - Jul 2020)

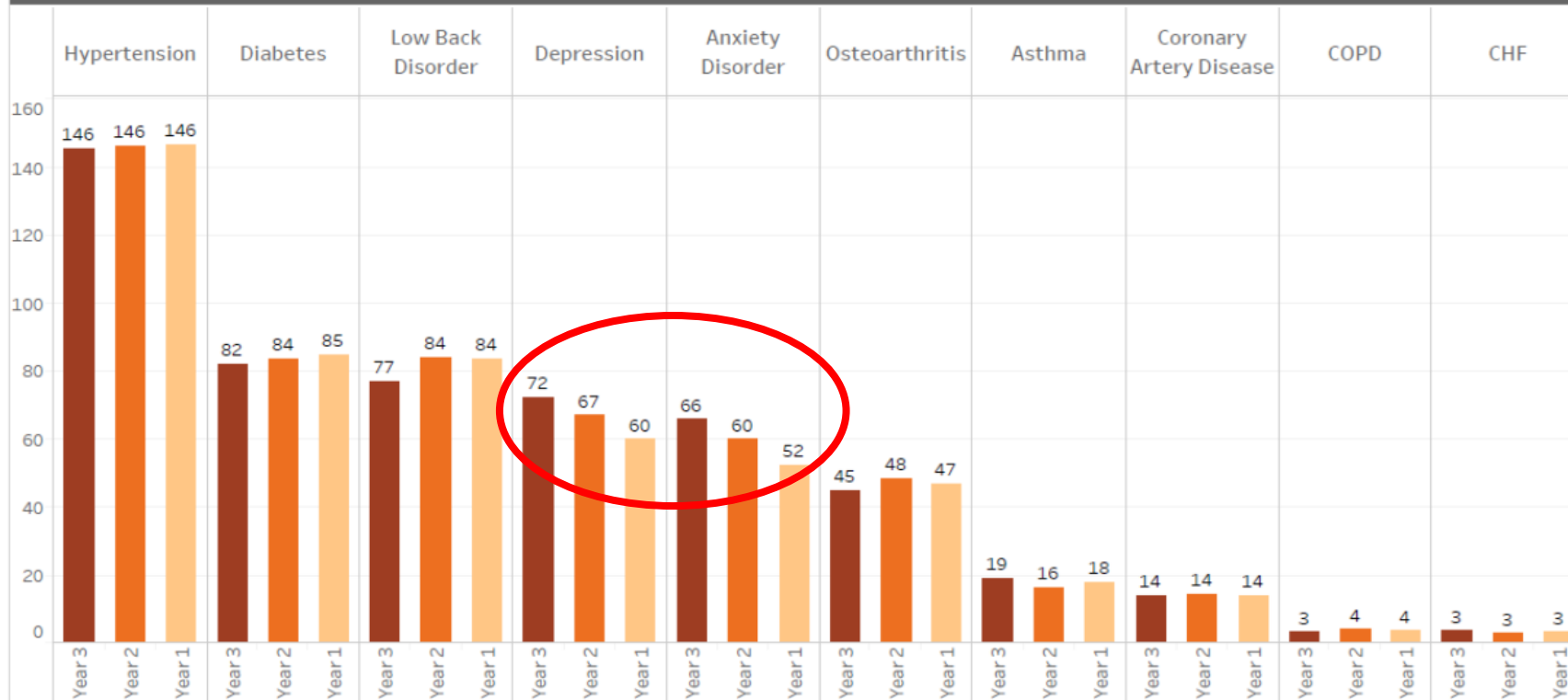
Time Period

Year 3

Year 2

Year 1

Chronic Disease - Patients Per 1000 Rate for USG  
Years 1-3



- 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.

# Mental Health and Emotional Well-Being

- 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](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

