

# 2022 USG Well-being Credit

The more you do, the more you earn.

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



Do  
Healthy Things



Earn  
Credits



Celebrate  
Success

## Here's how to get started:

- 1 **Employees** access their USG Well-being account at [oneusgconnect.usg.edu](https://oneusgconnect.usg.edu); **Manage My Benefits**.  
**Employees and Spouses:** Access directly at [ourwellbeing.usg.edu](https://ourwellbeing.usg.edu).
- 2 **Download the Virgin Pulse mobile app** for iOS or Android. Your Sponsor Code is **USG**. Access your account and track your activity anywhere, anytime.
- 3 **Connect a device** to get well-being credits for your steps, active minutes and sleep. We sync with many devices and apps (Apple Health, Fitbit, Garmin, etc.).
- 4 **Upload a profile picture and add some friends.**
- 5 **Get started!** Receive helpful tips, participate in fun challenges, try personal or digital coaching, and earn well-being credits!

**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!**



### Questions?

Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com) or give us a call: **833-724-4874**



Do Healthy Things



Earn Credits



Celebrate Success

## Here's how you can earn credit:

The following chart outlines the variety of ways that you can earn well-being credit with USG Well-being. Note: You must register your USG Well-being account by September 30, 2022, to be eligible to earn well-being credit in 2022.

Once your account is set up in the Virgin Pulse platform, it is recommended that you take the Health Assessment survey. In this short questionnaire, you'll answer questions about your health habits and get personalized recommendations on how you can improve your health. You can set goals and learn how to take small steps toward big changes!

	Do healthy things	Earn credit
Once ever	Connect a device	\$5
	Add five USG friends	\$5
	Receive the COVID-19 vaccine <sup>1</sup>	\$10
	Receive a flu shot <sup>2,3</sup>	\$10 (1x/year)
Yearly	Take the Health Assessment	\$25 (1x/year)
	Complete a Biometric Screening <sup>2</sup>	Onsite or via physician form \$50 (1x/year)
	Complete a financial coaching appointment <sup>2</sup>	AIG Retirement, CAPTRUST, Fidelity, TIAA \$20 (1x/year)
	Complete 4+ Virgin Pulse phone coaching appointments <sup>2</sup>	\$25 (1x/year)
	Complete the Livongo Diabetes Management Program (Anthem Members) <sup>4</sup>	\$50 (1x/year)
	Complete the Livongo Diabetes Weight Management Program (Anthem Members) <sup>4</sup>	\$50 (1x/year)
	Complete the Livongo Diabetes Prevention Program (Anthem Members) <sup>4</sup>	\$50 (1x/year)
	Complete the Omada Diabetes Prevention Program (Kaiser Members) <sup>4</sup>	\$50 (1x/year)
	Track your steps each week of a USG challenge	\$20 (2x/year)
	Track your activities each week in a USG focused well-being program <sup>2</sup>	\$20 (2x/year)
2 times per year	Volunteer or participate in community events <sup>2</sup>	\$10 (2x/year)
	Complete Journeys® digital coaching <sup>2</sup>	\$10 (3x/year)
3 times per year	Participate in a Money Monday Workshop <sup>2</sup>	\$5 (5x/year)
5 times per year	Participate in a Well-being Wednesday Workshop <sup>2</sup>	\$5 (5x/year)
	9 times per year	NEW! Track 8,000 steps 20+ days in a month

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, 2021, through December 31, 2021, will be paid in April 2022, and credit earned January 1 through September 30, 2022, will be paid in November 2022. You may participate in the program all year, but you must complete activities by September 30, 2022, to earn credit. The well-being credit will be paid in November 2022. 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.

<sup>1</sup>Through December 31, 2021, the well-being credit for receiving the COVID-19 vaccine is \$200. Vaccination received after January 1, 2022, will be worth a \$10 well-being credit.

<sup>2</sup>Some activity earnings began October 1, 2021.

<sup>3</sup>Kaiser Permanente members who complete KP activities are required to accept the wellness agreement at <http://kp.org/engage> to receive credit.

<sup>4</sup>Anthem members can participate in the Livongo healthy activities while Kaiser Permanente members can participate in the Omada Diabetes Prevention Program.



### Questions?

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## Connect a device

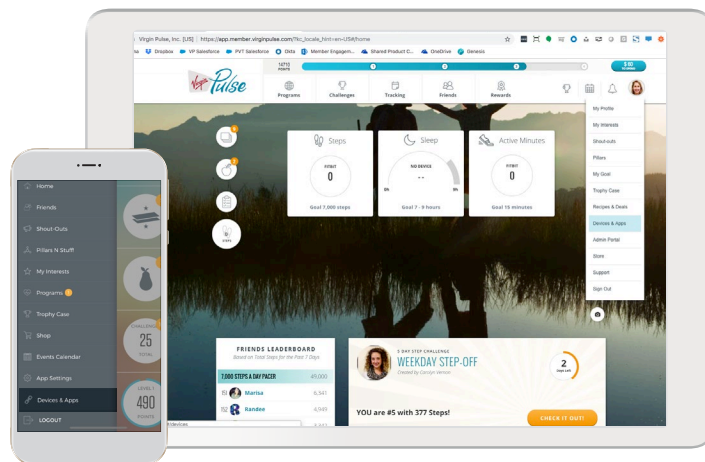
Keep track of how well you're doing by using a fitness tracker or your mobile phone. Then challenge yourself to take it up a notch!

### 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

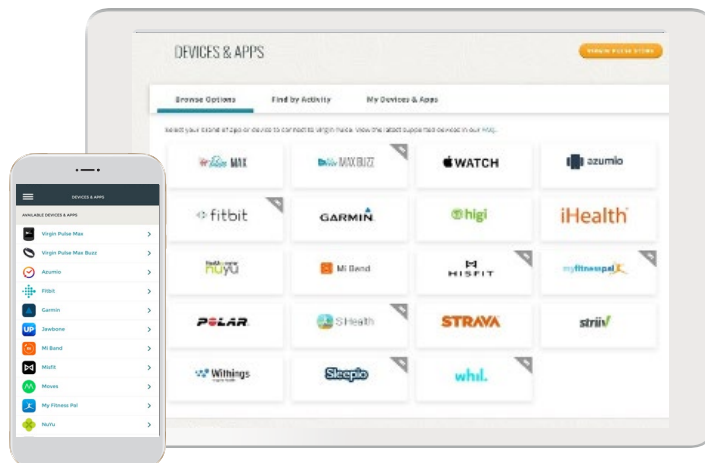
Choose the appropriate section for the device you'd like to connect.



### 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.



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