

USG Well-being Credits

The more you do, the more you earn.

It's easy to earn up to \$200 in well-being credits 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; **Manage My Benefits**.
Employees and Spouses: Access directly at 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 **Start a little healthy competition** and create or join a challenge with friends!

Employees and spouses covered on a USG healthcare plan can each earn up to a \$200 well-being credit for receiving the COVID-19 vaccine by December 31, 2021.



Questions?

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



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**.

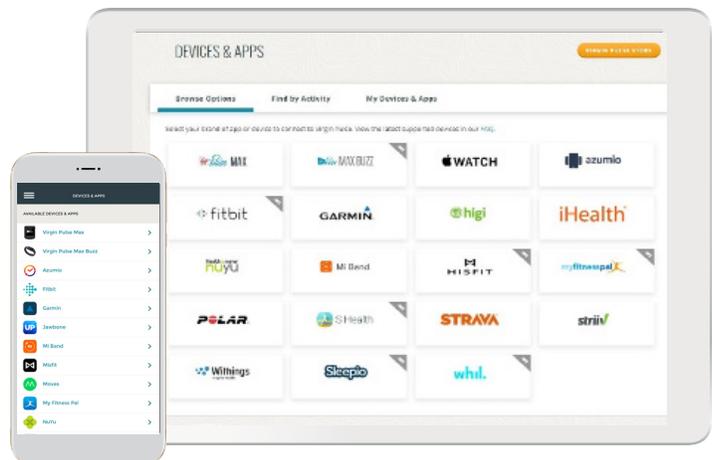
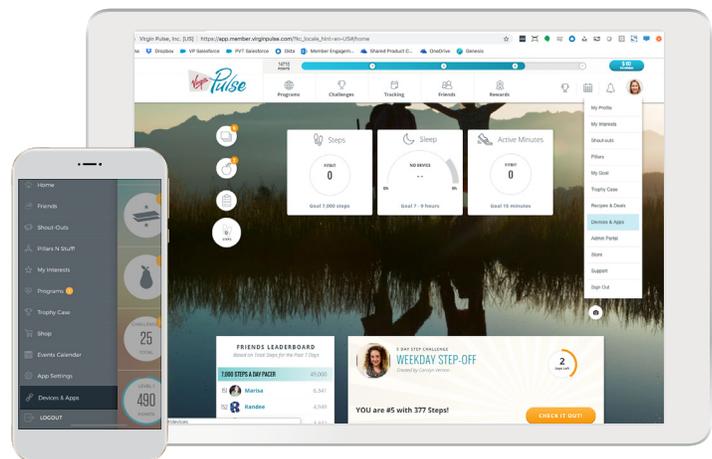
Step 2

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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