

# 2021 USG Well-being Program Quick Guide

Who can participate?	USG Healthcare Plan Enrolled Employee	USG Healthcare Plan Enrolled Spouse	USG Healthcare Plan Eligible Employee Not Enrolled
Registration	Visit <a href="#">OneUSG – Connect Benefits</a> . Click on <b>Manage My Benefits</b> > Click on the <b>USG Well-being</b> tile from the home page.	Visit <a href="http://ourwellbeing.usg.edu">ourwellbeing.usg.edu</a> from your computer or any mobile device and then click on <b>Create Account</b> .	Visit <a href="#">OneUSG – Connect Benefits</a> . Click on <b>Manage My Benefits</b> > Click on the <b>USG Well-being</b> tile from the home page.
What is the earning period?	Jan. 1 – Sept. 30, 2021*		
Incentive	<ul style="list-style-type: none"> <li>• \$100 taxable income well-being credit</li> <li>• Keep what you earn: If you only complete one activity worth a \$25 well-being credit, you will receive \$25.</li> </ul>		
When are credits distributed?	Your last paycheck in November 2021**	Employees receive the full credit on behalf of the spouse in the last paycheck in November 2021. **	

\*Some healthy activities can be earned prior to 2021.

\*\*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.

# 2021 USG Well-being Program Quick Guide

	USG Healthcare Plan Enrolled Employee & Enrolled Spouse				USG Healthcare Plan Eligible Employee Not Enrolled			
Healthy Activities	This year employees and spouses must complete the <b>Health Assessment</b> to participate in earning well-being credits. Your answers are confidential.				This year you must complete the <b>Health assessment</b> to participate in earning well-being drawing entries. Your answers are confidential. There will be 1 grand prize awarded later this year.			
	Biometric Screening	\$50	(1x/year)	Oct. 1, 2020 – Sept. 30, 2021	Financial Coaching	1 drawing entry (1x/year)	Oct. 1, 2020 – Sept. 30, 2021	
	Flu Shot	\$10	(1x/year)		Money Monday	1 drawing entry (5x/year)		
	Financial Coaching	\$20	(1x/year)		Well-being Wednesday	1 drawing entry (5x/year)		
	Well-being Phone Coaching	\$25	(1x/year)		Journeys	1 drawing entry (3x/year)		
	Money Monday	\$5	(5x/year)		Volunteer	1 drawing entry (2x/year)		
	Well-being Wednesday	\$5	(5x/year)		USG Program	1 drawing entry (2x/year)		
	Journeys	\$10	(3x/year)		Connect a device	1 drawing entry (1x/ever)		
	Volunteer	\$10	(2x/year)		Activity Tracking	1 drawing entry (9x/year)		
	USG Program	\$20	(2x/year)		USG Challenge	1 drawing entry (2x/year)		
	Connect a Device	\$5	(1x/ever)	Jan. 1 – Sept. 30, 2021	Healthy Habits	1 drawing entry (9x/year)	Jan. 1 – Sept. 30, 2021	
	Weight Management Support	\$50	(1x/year)		Daily Cards	1 drawing entry (9x/year)		
	Activity Tracking	\$10	(5x/year)		Add 5 Friends	1 drawing entry (1x/ever)		
	USG Challenge	\$20	(2x/year)		<i>Child Dependents, Retirees, and Graduate Assistants are not eligible to participate.</i>			
	Healthy Habits	\$5	(5x/year)					
	Daily Cards	\$5	(3x/year)					
	Add 5 Friends	\$5	(1x/ever)					
	How will I know my privacy is protected?	To protect your privacy, the University System of Georgia has contracted with Virgin Pulse, a national provider of health improvement services, to administer online programs, resources and the health questionnaire. Your personally identifiable health data will not be shared with your manager, nor will it be added to any USG employee files. In addition, your information will not affect insurance coverage or benefits nor will they be disclosed to your insurance company.						
Who should I call if I have further questions?	Contact our partner Virgin Pulse at 833-724-4874 or email <a href="mailto:support@virginpulse.com">support@virginpulse.com</a> . USG has partnered with Virgin Pulse for well-being services. The hours are as follows: Monday – Thursday, 8 a.m. to 11 p.m. ET, Friday, 8 a.m. to 8 p.m. ET, Saturday, 8 a.m. to 3 p.m. ET							