Make a difference in your community. Earn $15 in credits or prize drawings twice per year by recording your activity on the USG Well-being site.

Volunteer together to give back to your community. Participate in a 5K run/walk, donate blood, help out a local homeless shelter, pack food at a food pantry and more. The activity does not need to be physically demanding to count.

Sign in to your USG Well-being account at ourwellbeing.usg.edu to get started. For questions, email support@virginepulsem.com or call 833-724-4874.

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.