

Credits

The more you do, the more you earn.

It's easy to earn rewards by making healthy decisions. The more 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](https://oneusgconnect.usg.edu/ManageMyBenefits). **Spouses** access their account 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 **Complete the health assessment** to unlock the opportunities to earn your well-being credits.
- 4 **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.).
- 5 **Upload a profile picture and add some friends.**
- 6 **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 \$100 well-being credit for participating with USG Well-being!



UNIVERSITY SYSTEM OF GEORGIA
Well-being



University System
of Georgia **Benefits**
Centered on You.

Questions?

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



**Do
Healthy Things**



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Here's how you can earn credits:

Complete the Health Assessment to unlock the opportunities to earn your well-being credits. In this short questionnaire, you'll answer questions about your health habits and get personalized recommendations so that you can make the most of your well-being experience. Once you finish the assessment, you can start earning well-being credits!

	Do healthy things	Earn credits
Once ever	Connect a device	\$5
	Add five USG friends	\$5
Yearly	Receive a flu shot*	\$10
	Complete 16 weeks of a USG-approved Diabetes Prevention Program	Livongo - Anthem members Omada - Kaiser members \$50
	Complete a USG Biometric Screening	Onsite or via physician form \$50
	Complete a financial coaching appointment	AIG Retirement, CAPTRUST, Fidelity, TIAA \$20
	Complete 4+ Virgin Pulse phone coaching appointments	\$25
	Track your steps each week of a USG challenge	\$20
2 times per year	Volunteer or participate in community events	\$10
	Complete 20+ Daily Cards in a month	\$5
3 times per year	Complete Journeys® digital coaching	\$10
	Complete Healthy Habits 20+ days in a month	\$5
5 times per year	Track 10,000 steps 20+ days in a month	\$10
	Participate in a Money Monday Workshop	\$5
	Participate in a Well-Being Wednesday Workshop	\$5

Employees and spouses covered on a USG healthcare plan can each earn up to a \$100 well-being credit for participating with USG Well-being. The USG Well-being program is completely voluntary and confidential. You may participate in the program all year, but you must complete activities between January 1 and September 30, 2021, to earn credits. The well-being credit will be paid in November 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.

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



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Connect a device

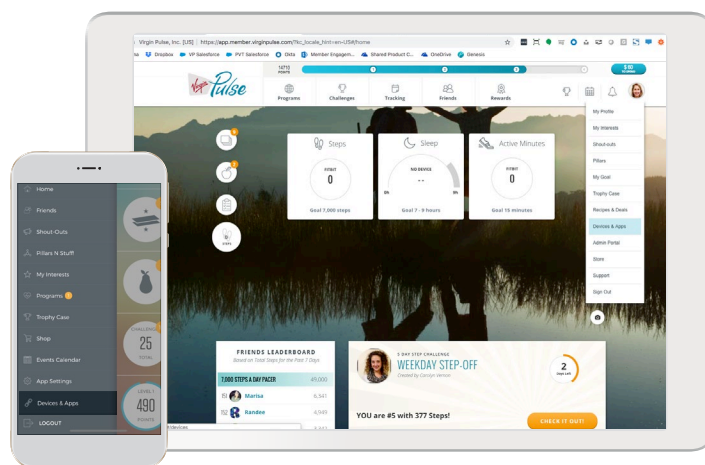
Keep track of how well you're doing by using a fitness tracker or your mobile phone. Then challenge yourself to take it up a notch!

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**.

Step 2

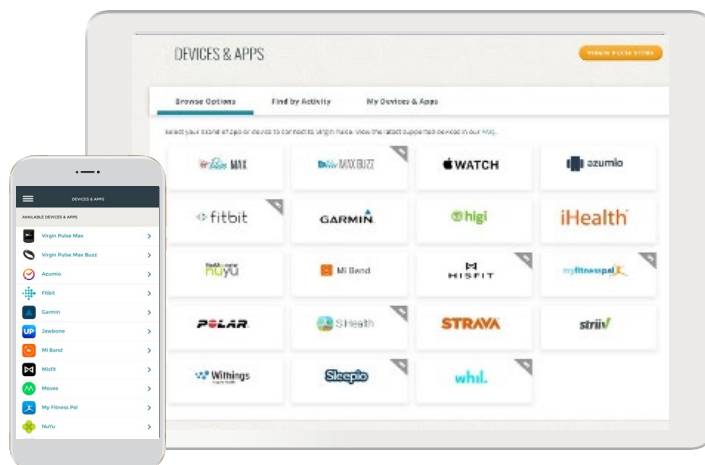
Choose the appropriate section for the device you'd like to connect.



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 link icon in the top right corner of the section that you just connected.



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