

USG WELL-BEING MANUAL TRACKING

Tracking instructions:

1. Sign in to your USG Well-being account. Click on the **Tracking** tab.
2. Scroll down to **Stats**. Choose a goal to track, such as steps, sleep, weight and more.
3. Scroll to the chart for your goal. Within the chart, click on the "+" on the right.
4. Enter your total. Click **Save**. You can track activity up to 14 days prior to the current date. Use the back arrow to change the entry date.

Note: If you connect a compatible fitness tracker device or mobile app to the USG Well-being platform, your steps will automatically sync when you open the mobile app. Be sure to check in periodically to confirm your data is being pulled in as expected.



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 programs!

Employees access at oneusgconnect.usg.edu; Manage My Benefits. Spouses access their account at ourwellbeing.usg.edu. For questions, email support@virginpulse.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.