2021 USG Well-being

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University System Office

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Virgin Pulse
What we’ll discuss today

- 2021 USG Well-being
- Other Benefits
- Questions?
USG Well-being

- The 2021 USG Well-being program will continue to offer a $100 well-being credit, as well as an expanded list of activities to earn the credit.
  - This year employees and spouses must complete the health assessment to participate in earning well-being credits.
  - 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.
    • Last paycheck in November.
  - USG Well-being will ensure members have access to resources surrounding diabetes education, prevention and management as well as weight loss programming for those who qualify.

- USG has partnered with Virgin Pulse for well-being services. Your health information is confidential and will not be shared with USG. The USG Well-being program is entirely voluntary and confidential.

- Have a question about your privacy or other details of the program? You can read the Virgin Pulse privacy policy at virginpulse.com/privacy-policy.
USG Well-being Platform & App

- The USG Well-being platform provides a user-friendly experience with options, resources and ways to earn your well-being credit.
- Participate in activities to help with nutrition, physical activity, stress, sleep, weight management and tobacco cessation.
- Ready to get started?
  - Download the Virgin Pulse app.
  - Create a *username and password* if you have haven’t already.
- Your path to well-being is a journey, not a destination.

Benefits & Well-being Centered on You
Get Started

- Employees and spouses enrolled in a USG healthcare plan can participate and earn the well-being credit.
- Employees that are healthcare eligible but not enrolled can participate.
- Retirees and graduate research assistants are not eligible to participate at this time.

This is how you join:
- **Employees**: Register through OneUSG Connect – Benefits at [oneusgconnect.usg.edu](http://oneusgconnect.usg.edu) > click on Manage My Benefits > click on the USG Well-being tile from the home page.

- **Spouses**: Register through [ourwellbeing.usg.edu](http://ourwellbeing.usg.edu).
  - Enter your first name, last name and date of birth.
  - Agree to the account terms and conditions.
  - Follow the prompts to create login credentials.

Once you complete your registration, download the Virgin Pulse app for on-the-go access and start browsing the USG Well-being platform.
OneUSG Connect – Single Sign On

- **STEP 1:** On the USG Faculty and Staff portal, locate ACTIVE USG EMPLOYEES and click Manage my Benefits.
  - If you select “OneUSG Connect”, proceed to step 2. Once logged in:
    - Click Employee Self Service and select Benefits from the drop down menu.
    - Select Manage My Benefits.

- **STEP 2:** Enter your username and password and click LOGIN.
  - Make sure you are near your office phone or have your cell phone for DUO login.
  - You may have to choose an authentication method for DUO login if you haven’t.

- **STEP 3:** Locate the tile USG Well-being.

Spouses visit ourwellbeing.usg.edu from a computer or any mobile device and log in.
Get Started

Sign Up

Let's make sure you're eligible to join.

NAME
First Name
Last Name

DATE OF BIRTH
Year
Month
Day

COUNTRY
United States

STATE OF RESIDENCE

CONTINUE
*New* Health Assessment

- This year employees and spouses must complete the health assessment to participate in earning the well-being credits.
- Health Assessment:
  - Confidential
  - Interactive, engaging and educational
  - Provides a health score, with risk levels
  - Personalized with recommendations for improvements
Healthcare Enrolled Employees and Spouses

<table>
<thead>
<tr>
<th>HEALTHY ACTIVITY</th>
<th>WELL-BEING CREDIT</th>
<th>EARNING PERIOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Assessment</td>
<td>This year employee and spouses must complete the Health Assessment to participate in earning the well-being credits. Your answers are confidential. Oct. 1, 2020 - Sept. 30, 2021.</td>
<td></td>
</tr>
<tr>
<td>Biometric Screening</td>
<td>$50 (1x/year)</td>
<td></td>
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<tr>
<td>Flu Shot</td>
<td>$10 (1x/year)</td>
<td>Oct. 1, 2020 - Sept. 30, 2021</td>
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<tr>
<td>Financial Coaching</td>
<td>$20 (1x/year)</td>
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<tr>
<td>Well-being Phone Coaching</td>
<td>$25 (1x/year)</td>
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<tr>
<td>Money Monday</td>
<td>$5 (5x/year)</td>
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<tr>
<td>Well-being Wednesday</td>
<td>$5 (5x/year)</td>
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<tr>
<td>Journeys</td>
<td>$10 (3x/year)</td>
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<tr>
<td>USG Program</td>
<td>$20 (2x/year)</td>
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<tr>
<td>Volunteer</td>
<td>$10 (2x/year)</td>
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<tr>
<td>Connect a Device</td>
<td>$5 (1x ever)</td>
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<tr>
<td>Weight Management, Diabetes Prevention Program, Diabetes Management</td>
<td>$50 (1x/year)</td>
<td>Jan. 1, 2021 - Sept. 30, 2021</td>
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<tr>
<td>Activity Tracking</td>
<td>$10 (5x/year)</td>
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<tr>
<td>USG Challenge</td>
<td>$20 (2x/year)</td>
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<tr>
<td>Healthy Habits</td>
<td>$5 (9x/year)</td>
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<tr>
<td>Daily Cards</td>
<td>$5 (9x/year)</td>
<td></td>
</tr>
<tr>
<td>Add 5 Friends</td>
<td>$5 (1x ever)</td>
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Earn Up to $100
# Healthcare Eligible Employees

<table>
<thead>
<tr>
<th>Activity</th>
<th>Drawing Entry Frequency</th>
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<tbody>
<tr>
<td>Financial Coaching</td>
<td>1 drawing entry (1x/year)</td>
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<td>Money Monday</td>
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Biometric Screening

- Complete a biometric screening appointment, earn $50 (1x/year).

- A biometric screening is an easy way to check in on important health measures such as cholesterol, glucose and blood pressure. Knowing your numbers is key to getting you on the path to improving your well-being.

- Log into the USG Well-being platform with Virgin Pulse > navigate to the Programs page > select View All > find Biometric Screenings
Biometric Screening Attestation Form

1. On the homepage navigate to the Programs page.
2. Once on the Programs page, select View All.
3. Locate the tile Biometric Screenings and click “Start Now”.
4. Locate the “Physician Form” Tile and select DOWNLOAD FORM.
5. Upon completion of the physician form, upload electronically the PDF form back to the USG Well-being platform.
Flu Shots

Flu Shots for You & Your Family, earn $10 (1x/year).


No-cost flu shots for employees and dependents covered by a USG healthcare plan. Flu shots are covered at 100% when received at a pharmacy, doctor’s office or onsite clinic.

- USG Anthem members: Use your Anthem ID card
- USG Kaiser members: Use a Kaiser facility
- Receive a flu shot at your local CVS/Pharmacy or MinuteClinic

Kaiser Permanente members: Must use a Kaiser facility or update your medical record at kp.org/flu, if you received a flu vaccine outside of Kaiser Permanente.
Financial Coaching

- Complete a financial coaching and retirement advice appointment as part of your benefits, earn $20 (1x/year).

- Appointments with one of our financial partners:
  - CAPTRUST, Fidelity, TIAA and AIG Retirement.
    • CAPTRUST: 800-967-9948
    • Fidelity: 800-343-0860
    • TIAA: 800-732-8353
    • AIG Retirement: 866-279-1444

- Knowledge is power:
  - Am I saving enough?
  - Am I investing appropriately?
  - Am I on track to retire when I want?
Well-being Phone Coaching

- Complete 4+ Virgin Pulse coaching calls at no cost to earn $25 (1x/year).
  - Log in to ourwellbeing.usg.edu > select Programs > select View All > locate Coaching by Phone with Virgin Pulse. Browse the topics available and schedule a call at your convenience.

- A health coach can work with you to provide answers to your health questions, support for overcoming obstacles and set small, achievable goals.

- Topics include nutrition, stress, sleep, physical activity, mental health and more.
Money Monday

- Participate in monthly financial education workshop, earn $5 (5x/year).

- Workshops provide:
  - Guidance to employees who may be stressed about economic conditions, market fluctuations and their personal finances.
  - Education about benefits in the context of personal financial planning including:
    - Saving
    - Investing
    - Debt management
    - Planning for the unexpected

- Last business Monday of every month

- Visit [www.usg.edu/well-being](http://www.usg.edu/well-being) under “events” to register.
Well-being Wednesday

- Participate in monthly health education workshop, earn $5 (5x/year).

- Learn strategies for well-being including:
  - Stress Management
  - Sleep Management
  - Healthy Eating
  - Physical Activity

- Second business Wednesday of every month.

- Visit [www.usg.edu/well-being](http://www.usg.edu/well-being) under “events” to register
Journeys

- Complete a Journey (Digital Coaching), earn a $10 well-being credit (3x/year).
- Digital coaching provides an online experience design to improve healthy habits and sustainable lifestyle change.
Volunteer

- Record on the programs page any volunteer work or participation in a community event, earn a $10 well-being credit (2x/year).

- Earn well-being credit for events of your choosing:
  - Volunteering
    - Local homeless shelter, food bank, etc.
  - Service Day on Campus
  - Community events
  - Participation in a 5K, 10K, or other road races

- Events do not need to be physically demanding to count.
Connect a Device

- Sync a device and earn a $5 well-being credit.
  - The credit is only available to new participants or anyone that has not earned it in previous years.
  - Earning period: Jan. 1, 2021 - Sept. 30, 2021
- Find your device and click **Connect**.
  - Directs you to login with your device account for your Garmin, Fitbit, etc.
Connecting with Apple Device

The Health app on your iPhone or Apple Watch tracks how much you move, how well you’re eating, your sleep and how well you relax.

**Note:** Apple devices can only be connected (or disconnected) using the Virgin Pulse app on your mobile device.

1) Open the Virgin Pulse app on your mobile device.

2) Tap the menu (3 horizontal lines) in the top left corner.

3) Choose “Devices and Apps” from the left menu.

4) Select “Apple Health” and follow the prompts to connect.
Connecting with Samsung Health

- The Samsung Health app on your Android Phone tracks how much you move, how well you’re eating, your sleep and how well you relax.

**Note:** Android devices can only be connected (or disconnected) using the Virgin Pulse app on your mobile device.

1) Open the Virgin Pulse app on your mobile device.
2) Tap the menu (3 horizontal lines) in the top left corner.
3) Choose "Devices and Apps" from the left menu
4) Select “Samsung Health” and follow the prompts to connect.
Connecting with Google Fit

Google Fit keeps all your health and fitness data in one place. It smartly combines stats from all the devices and apps you have connected!

**Note:** Google Fit can only be connected (or disconnected) using the Virgin Pulse app on your mobile device.

1) Open the Virgin Pulse app on your mobile device.
2) Tap the menu (3 horizontal lines) in the top left corner.
3) Choose “Devices and Apps” from the left menu
4) Select “Google Fit” and follow the prompts to connect.
Weight Management and Diabetes Support

- Complete 16+ weeks of a Weight Management, Diabetes Prevention Program (DPP) or Diabetes Management, earn $50 (1x/year).
  - Earning period: Jan. 1, 2021 - Sept. 30, 2021
    - Anthem members – Livongo
    - Kaiser Permanente members - Omada

- Participate in a no additional cost program per the eligibility criteria.
Livongo (Anthem)

An Easy Way to Fit Health Into Your Life.

- Livongo is a holistic program that empowers people with health challenges to live better and do more. The best part? It’s 100% at no additional cost to you.

- **Diabetes Management**: Make diabetes management easier.
  - Connected meter and real-time insights
  - Unlimited strips shipped right to you
  - 24/7 support from expert coaches

- **Diabetes Prevention**: Lower your risk of developing type 2 diabetes.
  - Connected smart scale
  - Unlimited one-on-one coaching
  - Community support & more

- **Weight Management**: Take the guesswork out of weight loss.
  - Connected smart scale
  - Unlimited one-on-one coaching
  - Mini guided challenges & more
Activity Tracking

- Track 10,000 steps a day for 20+ days in a month and earn $10 (5x/year).
  - Earning period: Jan. 1, 2021 - Sept. 30, 2021
- Track physical activity.
- Integrates data from connected devices and apps.
USG Challenges

- Join a USG challenge, track your steps at least once a week every week of the challenge to earn $20 (2x/year).
  - Earning period: Jan. 1, 2021 - Sept. 30, 2021
Food Around the Globe

You’re about to begin a global journey in search of the perfect (and healthy) dish. As you add up steps, try recipes that’ll give you the stamina to finish well. At each stop, check out local cuisine and try simple recipes you can make at home. Who’ll win?

Complete the challenge and earn rewards! Employees and spouses enrolled in a USG healthcare plan can earn $20 in 2021 USG Well-being credits.

Did you waive healthcare benefits? No worries, you can still participate and earn a prize drawing entry for tracking steps each week of the challenge.

Important dates

- **Registration begins:** Monday, February 1
- **Program begins:** Monday, February 8
- **Program ends:** Sunday, March 21

Please enroll and encourage employees to participate!
Healthy Habits

- Track a healthy habit for 20+ days in a month to earn $5 (5x/year).
  - Earning period: Jan. 1, 2021 - Sept. 30, 2021
Daily Cards

- Complete 20+ daily cards in a month and earn $5 (3x/year).
  - Earning period: Jan. 1, 2021 - Sept. 30, 2021
- Daily cards are recommended based on activity and interests in the platform.
Add 5 Friends

- Add 5 USG friends and earn $5.
  - The credit is only available to new participants or anyone that has not earned it in previous years.
  - Earning period: Jan. 1, 2021 - Sept. 30, 2021
QUESTIONS?

For questions regarding the program, email support@virginpulse.com, usgwellbeing@usg.edu, or call 833-724-4874.
Other Well-being Resources and Benefits
Tobacco Cessation

- Kicking the tobacco habit is a long, hard road. To find success, you need clear directions. Furthermore, you do not have to travel alone. Resources are here to give you advice, support, and encouragement along the ride.

- **Georgia Tobacco Quit Line 1-877-270-STOP (7867)**
  - The Georgia Tobacco Quit Line (GTQL) is FREE and confidential. It offers effective services to assist Georgia tobacco users in making an attempt to quit. The GTQL provides telephone and web-based counseling services per the United States Public Health Service Treating Tobacco Use and Dependence Clinical Practice Guidelines.

- **Kaiser Permanente Members 1-866-862-4295**
  - Are you looking to make a lifestyle change? Partner with a wellness coach to create a customized plan that outlines small, manageable steps that you can take to quit tobacco. Schedule convenient phone sessions at times that work for you. Coaching is available at no cost to Kaiser Permanente members in English and Spanish. No referral is needed.
Tobacco Cessation

- Coaching by phone with Virgin Pulse
  - Virgin Pulse Coaching allows you to choose from an array of topics -- whatever is most important to you. Partner with a coach, a skilled professional who will guide you in setting goals that make sense for your life to help you thrive. Virgin Pulse coaching offers the opportunity to work with an expert and develop a plan to support you in being Tobacco Free. Talk to your coach at a time that works for your schedule. Isn't it time to focus on you? Set up your first appointment today.
  - Schedule by going to your USG Well-being platform (Virgin Pulse). Select Programs > View All > Coaching by phone with Virgin Pulse > Start Now > Be Tobacco-Free.

- No-cost Nicotine Replacement Therapy
  - All products must be physician-prescribed in order to have a $0 co-pay

- When it comes to smoking or tobacco use, quitting is one of the most challenging paths you will ever take. Furthermore, it’s not always a one-way street. You may get very close, make a wrong turn and have to start again. That’s all right. Resources are here to help you reach your goals once and for all.
Whatever the problem.. KEPRO Can Help You When You Need It!

FREE and confidential assistance for full-time, part-time and your household!

- Help resolve personal challenges like:
  - Marital
  - Financial
  - Emotional
  - Family issues
  - Substance/alcohol abuse
KEPRO

- A wide array of other services, such as:
  - Basic legal assistance and referrals
  - Adoption assistance
  - Pet services referrals
  - Assistance finding child and elder care services
  - Daily living and concierge (travel, cleaning services, moving, etc.)

- Contact KEPRO 24/7/365 at 1-844-243-4440

- www.eaphelplink.com; company code is USGcares
LiveHealth Online

- 3 Free Visits for Comprehensive Care and BlueChoice HMO plan members.

- **Save money and time** by using LiveHealth online from your smartphone, tablet or computer 24/7. Get the free app!

- See a doctor for these conditions and more:
  - Flu, Minor rashes, Sore throat, Pink eye, Allergies, Cold, Fever, Skin infections, Headache.

- Access through your mobile device or online at [https://livehealthonline.com/](https://livehealthonline.com/)
LiveHealth Online

- See a licensed therapist from the privacy of your home.
  - Get help for these issues and more:
    - Stress, Life transitions, Anxiety, Relationship troubles, Depression, Grief, Coping with illness, Panic attacks.

PSYCHOLOGY

Sad, stressed or need to talk? Schedule a 45-minute therapy visit, with appointments at extended hours and on weekends, too.

Going through challenges or changes in life?

Tap into LiveHealth Online Psychology! Now you can have a visit with a licensed online therapist or psychologist from the comfort of home.
Retail Health Clinic

Affordable and Convenient

- Open 7 days a week, including evenings and weekends
- No appointment necessary
- Provide services for adults and children:
  - Diagnose and treat more than 125 common illnesses, injuries and skin conditions
  - Administer vaccinations, screenings and physicals
  - Write prescriptions when medically appropriate

Example

- Find a CVS minuteclinic clinic near you: Visit minuteclinic.com.
- (866) 389-2727.
- CVS Caremark mobile app.
Primary Care Physician (PCP)

- A primary care physician (PCP) is your main doctor.
- Always try to go to your PCP first for health concerns or questions.

- Focused on preventing illnesses and helping you get healthy faster and stay healthy longer.

- Coordinates your overall health care to avoid any gaps in care. Does things like setting up appointments with specialists to ensure you’re following your prescription plan and getting the right tests and screenings regularly.

- Helps you avoid unnecessary medical services and tests, saving you money and reducing stress.
Benefits 101 Videos

- Visit USG Human Resources – Benefits
  - usg.edu/hr/benefits/videos

- Healthcare
  - **Preventative Care:** learn more about preventative care insurance and services, how they work and how they relate to your healthcare.
  - **Deductible:** learn more about the deductible and how it relates to your healthcare.
  - **Copay:** learn more about copay and how it relates to your healthcare.
  - **Telemedicine:** learn more about how telemedicine makes life easier for patients. It allows them access to care without having to go to a doctor’s office.
  - **Where To Get Care:** learn more about Anthem's roadmap to get healthcare.

- Life
  - **Life insurance:** learn more about the value of life insurance

- Vision
  - **EyeMed:** learn more about how to navigate your vision benefits
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