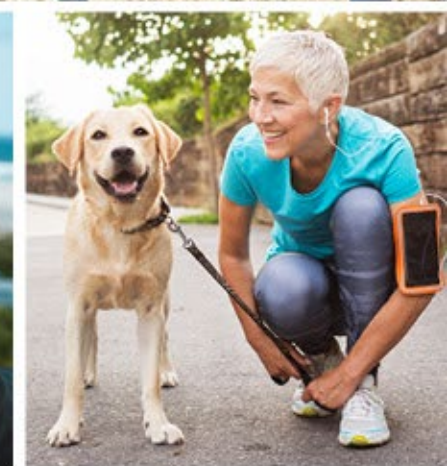




Centered
on **YOU**



2022 USG Well-being Program

Leigh Richey, CHES
USG Health & Wellbeing Specialist from Virgin Pulse



What We'll Discuss Today

- 2022 USG Well-being
 - Overview
 - Ways to earn
- Additional Benefits
- Questions?





2022 USG Well-being



USG Well-being

- University System of Georgia (USG) Well-being is an annual program that is no cost, voluntary, and confidential
- The well-being credit is to encourage employees and spouses enrolled in a USG healthcare plan to participate in health and well-being activities
- The USG vision is to create a culture and environment of well-being throughout the USG community
- Our mission is to create supportive working environments and increase opportunities for employees to adopt behaviors that will assist them to lead happier and healthier lives as well as aid in reducing personal healthcare costs
- We have developed a systemwide well-being program using evidence-based research and data to support and educate on positive behavior change



2022 USG Well-being

- Enjoy many of the same great benefits in 2022 as you did in 2021!
- The USG Well-being program encourages and supports all aspects of well-being such as health, finance, nutrition, stress, sleep, community involvement, and more
- 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
- To encourage participation in the well-being program, we are offering a well-being credit for those that are eligible and choose to participate
 - Employees and spouses enrolled in a USG healthcare plan can each earn up to a \$200 well-being credit for participating in USG Well-being!



Who's Eligible?

- Eligibility for the well-being credit includes those employees and their spouses who are enrolled in a USG healthcare plan and are registered on the USG Well-being platform
- Retirees, their spouses, other qualified adults, dependents, graduate research assistants, and temporary staff are not eligible for the USG Well-being credit
 - To see if you are eligible, please call our partner Virgin Pulse at 833-724-4874
 - USG has partnered with Virgin Pulse for well-being services
- 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 November 2022 paycheck
- Please note: If at any time the eligible employee's benefit status changes (leave of absence, appointment change, etc.), the employee's eligibility to participate and/or receive reimbursements may also change



Ways to Earn Well-being Credit in 2022

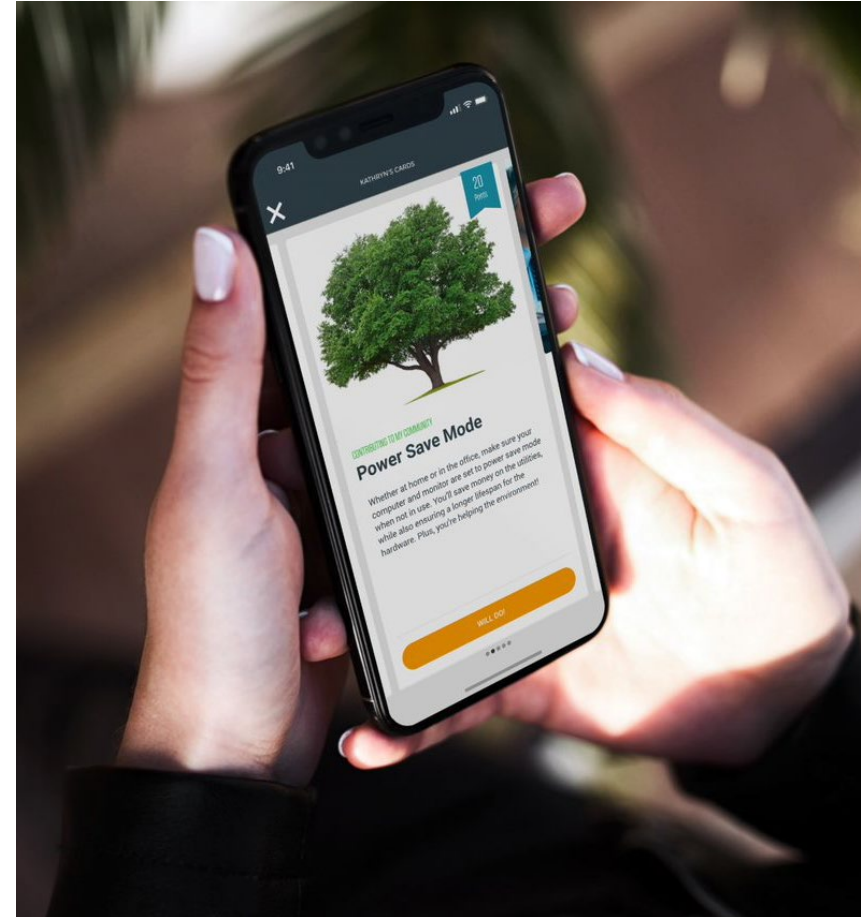
	Do Healthy Things	Earn Credits
Once Ever	Connect a device**	\$5
	Add five USG friends**	\$5
	Receive the COVID-19 vaccine*	\$10
Yearly	START HERE: Complete the Health Assessment to start earning well-being credits**	\$25
	Receive a flu shot*	\$10
	Complete a Biometric Screening* Onsite or via physician form	\$50
	Complete a financial coaching appointment* AIG Retirement, CAPTRUST, Fidelity, TIAA	\$20
	Complete 4+ Virgin Pulse phone coaching appointments*	\$25
	Complete the Livongo Diabetes Management Program (Anthem Members)*	\$50
	Complete the Livongo Diabetes Weight Management Program (Anthem Members)*	\$50
	Complete the Livongo Diabetes Prevention Program (Anthem Members)*	\$50
	Complete the Omada Diabetes Prevention Program (Kaiser Members)*	\$50
2 times year	Track your steps each week of a USG challenge**	\$20
	Track your activities each week in a USG focused well-being program*	\$20
	Volunteer or participate in community events*	\$10
3 times per year	Complete Journeys® digital coaching*	\$10
5 times per year	Participate in a Well-being Wednesday Workshop*	\$5
	Participate in a Money Monday Workshop*	\$5
9 times per year	Track 8,000 steps 20+ days in a month**	\$5
*	Earning Period: Oct. 1, 2021 - Sept. 30, 2022	
**	Earning Period: Jan. 1, 2021 - Sept. 30, 2022	





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
- Your path to well-being is a journey, not a destination!





USG Well-being Platform Registration

- USG employees/spouses must be enrolled in a USG healthcare plan and be registered on the USG Well-being platform to earn up to \$200 in well-being credit
 - Register their account
 - Create a new username and password
 - **Employees:** access through OneUSG Connect – Benefits at oneusgconnect.usg.edu > click on Manage My Benefits > click on the USG Well-being tile from the home page
 - **Employees or Spouses:** access directly at ourwellbeing.usg.edu
 - Download the Virgin Pulse mobile app (sponsor code: **USG**)



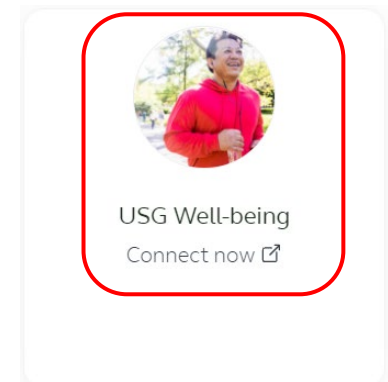
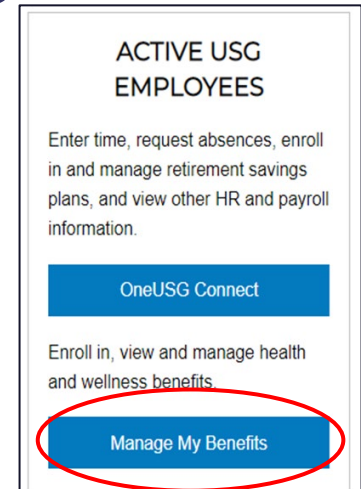


OneUSG Connect – Single Sign On

- **STEP 1:** On the USG Faculty and Staff portal
 - Locate ACTIVE USG EMPLOYEES
 - 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



Already a member?

[SIGN IN](#)

English



Sign Up

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

NAME

DATE OF BIRTH

COUNTRY/REGION

[CONTINUE](#)



[Terms & Conditions](#)

[Privacy Notice](#)

[Support](#)

[Help](#)

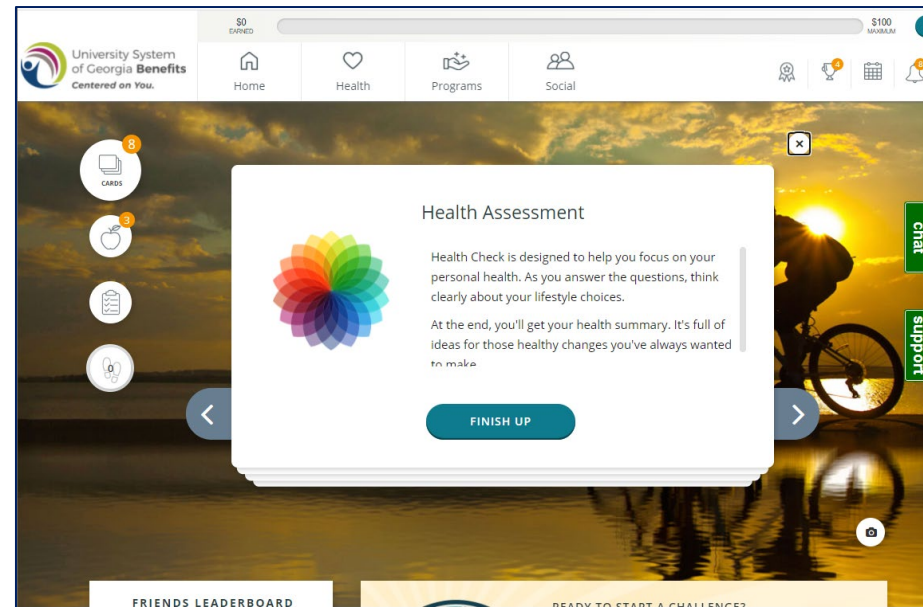


University System
of Georgia **Benefits**
Centered on You.



Health Assessment Survey

- USG employees and spouses enrolled in USG healthcare plans will no longer be required to complete the Health Assessment survey to earn well-being credits
 - In 2022, completing the Health Assessment survey will earn participants a \$25 well-being credit
 - Earning period: Jan. 1 – Sept. 30, 2022
- The Health Assessment survey:
 - Confidential
 - Interactive, engaging, and educational
 - Provides a health score with risk levels
 - Personalized with recommendations for improvements





Biometric Screening

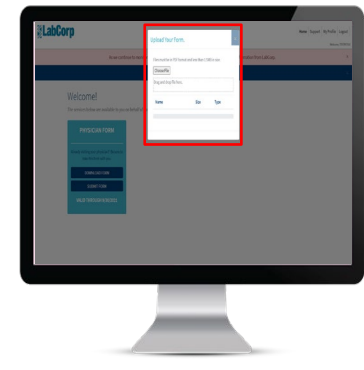
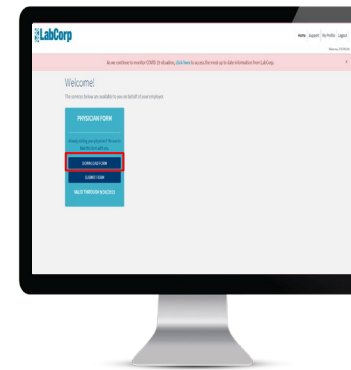
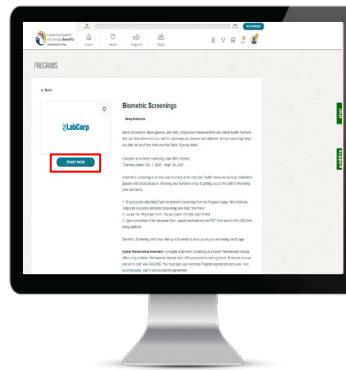
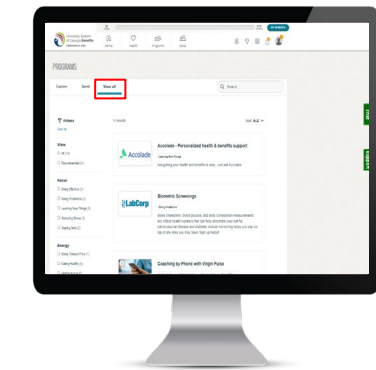
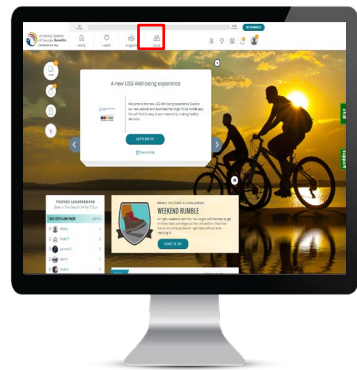


- Complete a biometric screening appointment to earn \$50 (1x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022
- A biometric screening is an easy way to check in on important health measures such as cholesterol, glucose and blood pressure
- Knowing your numbers is key to getting you on the path 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
- Participate two ways
 - Onsite event
 - Complete and submit the PCP form



Biometric Screenings

Biometric Screening Physician 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 and your family, earn \$10 (1x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022
- 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

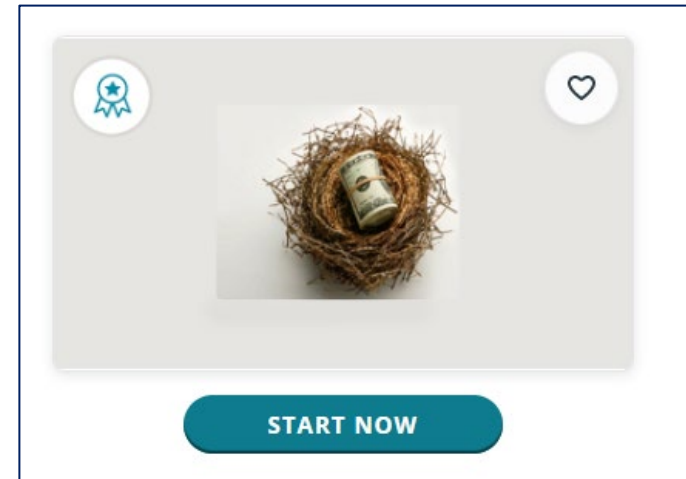




Financial Coaching



- Complete a financial coaching and retirement advice appointment as part of your benefits, earn \$20 (1x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022
- 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?





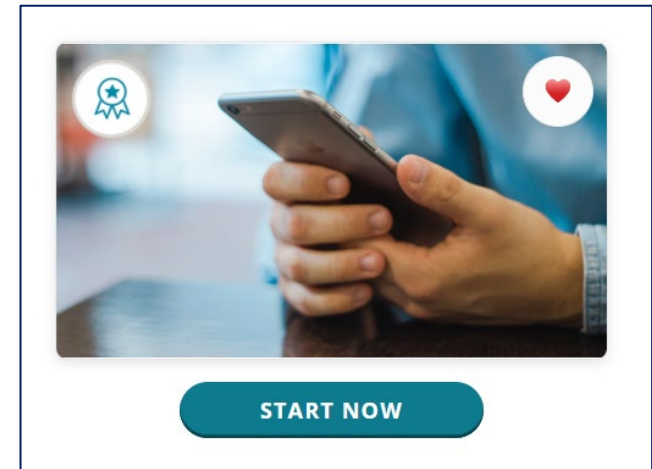
Well-being Phone Coaching



- Complete 4+ Virgin Pulse coaching calls at no cost to earn \$25 (1x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022

- Sign up today!

- 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



- Work with a health coach to provide answers to your health questions, support for overcoming obstacles and set small, achievable goals
- Coaching topics include: nutrition, stress, sleep, physical activity, mental health and more



Money Monday



- Participate in monthly financial education workshop, earn \$5 (5x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022
- 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 under “events” to register





Well-being Wednesday



- Participate in monthly health education workshop, earn \$5 (5x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022
- 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 under “events” to register






Journeys




- Complete a Journey (Digital Coaching), earn a \$10 well-being credit (3x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022
- Digital coaching provides an online experience design to improve healthy habits and sustainable lifestyle change

Start Your Journey!

You're here for healthy fun, and we're here to make it easy and rewarding! What's in it for you:



Be Healthy Every Day
Track your Healthy Habits, do your Daily Cards, and get at least 7,000 Steps a day!




Earn Big with a Daily Routine
Being healthy every day earns you trophies as well as bonus points for consistency!

[LET'S DO THIS!](#)

JOURNEY: DINE OUT WITH DIABETES

You can enjoy a great restaurant meal and keep your diabetes in check. It's all about small choices you make each time you sit down with a menu. Have a little fun ordering differently, and never look at a menu quite the same way again.


[START NOW](#)



JOURNEY: FIT TO WALK WITH DIABETES

Improving your fitness can be an important key to managing your diabetes. Tell us a little more about you, so we can help you get started on your Journey.


[START NOW](#)



JOURNEY: GET STRONG AT HOME

You want to get stronger, but you're not ready to make a commitment to a gym or a trainer. Discover how to get strong at home, and learn some great strength-training moves.

[START NOW](#)





Volunteer



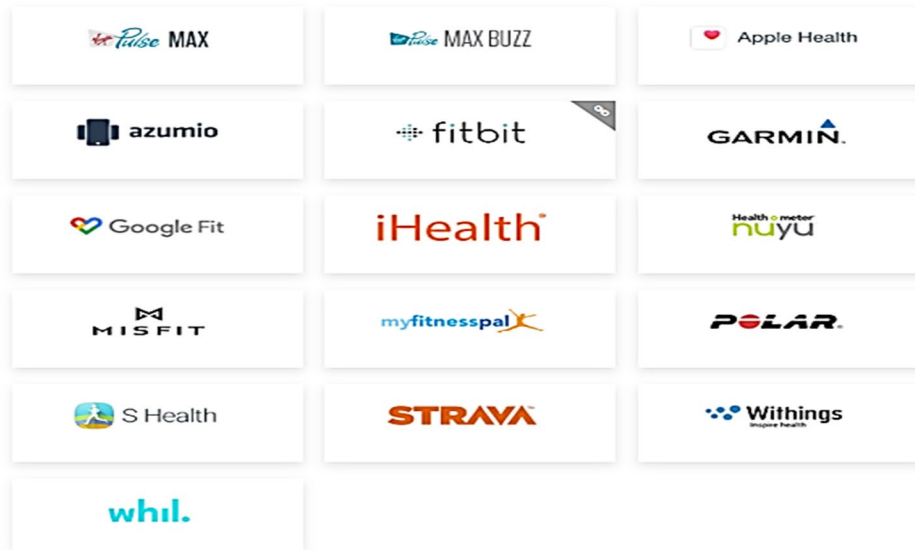
- Record on the programs page any volunteer work or participation in a community event, earn a \$10 well-being credit (2x/year)
 - Earning period: Oct. 1, 2021 – Sept. 30, 2022
- Earn well-being credit for events of your choosing:
 - Volunteering
 - Local homeless shelter, food bank, etc.
 - Service 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 wearable 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 - Sept. 30, 2022
- Find your device and click **Connect**
 - Directs you to login with your device account for your Garmin, Fitbit, etc.

Select your brand of app or device to connect to Virgin Pulse. View the latest supported devices in our FAQ.





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: Oct. 1, 2021 - Sept. 30, 2022
 - Anthem members – Livongo
 - Kaiser Permanente members – Omada and Weight Watchers
 - Campus supported and CDC approved DPP
- Participate in a no additional cost program per the eligibility criteria

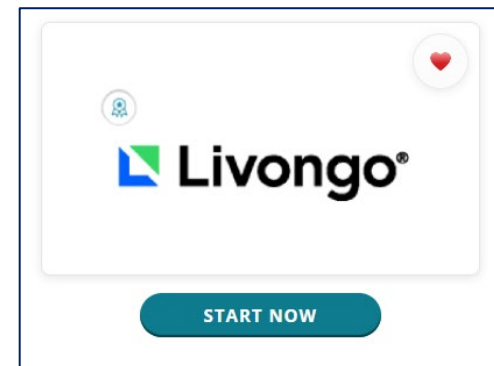




Livongo (Anthem)

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

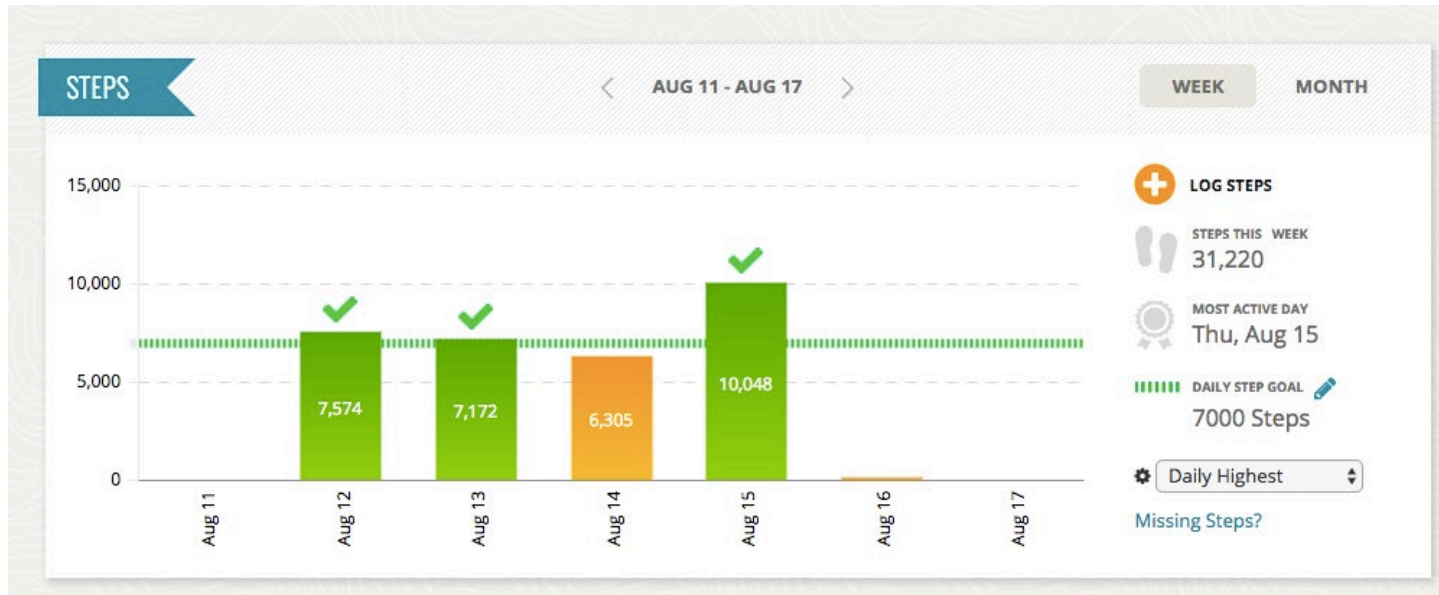




Activity Tracking



- Track **8,000** steps a day for 20+ days in a month and earn \$10 (9x/year)
- Track physical activity
- Integrates data from connected devices and apps
 - Earning period: Jan. 1 - Sept. 30, 2022





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 - Sept. 30, 2022

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

50 SAVINGS | \$100 MAXIMUM | MY REWARDS

Home | Health | Programs | Social

MY CHALLENGES

[+ CREATE CHALLENGE](#)

COMPANY CHALLENGES (5)

WORLD AT PLAY	JOIN	22 Days Left
PACIFIC CREST TRAIL	JOIN	22 Days Left
FOOD AROUND THE GLOBE	JOIN	22 Days Left

[+ LOAD MORE](#)

Looking for a little friendly competition?
Start a challenge with your friends or colleagues to spur you on!

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 - Sept. 30, 2022








MY FRIENDS + ADD FRIENDS

Virgin Pulse is more fun with your friends!

+ Add friends to keep you motivated, get support, and compare your activity!

Note: your individual step count will be shared with your friends on leaderboards.

PEOPLE YOU MAY KNOW

 Test0427A V. + ADD FRIEND	 Test0427E V. + ADD FRIEND	 Isabellewhite1 V. + ADD FRIEND	 Client01 V. + ADD FRIEND	 Client02 V. + ADD FRIEND
--	--	--	---	---



COVID-19 Vaccine



- COVID-19 Vaccine for you and your family, earn \$10 (1x/ever)
- No-cost vaccinations for employees and dependents enrolled in a USG healthcare plan
- Vaccines 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 COVID-19 vaccine at your local CVS/Pharmacy or MinuteClinic





COVID-19 Vaccine

- The \$200 credit for receiving the vaccine ended on December 31, 2021
 - As of January 1, 2022, the vaccine credit is \$10
- Reasonable Alternative:
 - Employees/spouses who are unable to receive the vaccine will have the opportunity to participate in other activities to earn up to the \$200 well-being credit



Anyone who completed the vaccine, attestation and was rewarded \$10 for the COVID-19 vaccine on the USG Well-being platform prior to August 30, 2021, will receive an update in their account by the end of September showing the \$200 well-being credit



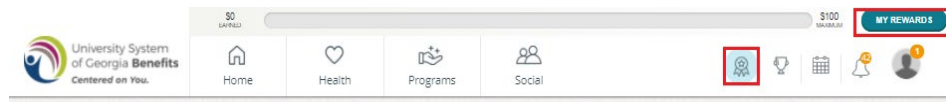
If the vaccine is received outside of the USG healthcare plan after August 30, 2021, the employee/spouse must complete the attestation by December 31, 2021, to receive the \$200 well-being credit



If the vaccine is received through USG healthcare plan through December 31, 2021, Virgin Pulse will receive confirmation from the healthcare plan and registered participants can expect to see the \$200 well-being credit balance to show in their account approximately eight weeks following their final shot.

COVID-19 Vaccine

- To access the self-attestation form, sign into the USG Well-being platform and select 'My Rewards'
- Select 'Receive the COVID-19 vaccine' and then 'Take Me There'
- Complete the attestation form



✓ Receive the COVID-19 vaccine
\$10 well-being credits

\$10

Receive the COVID-19 vaccine
Complete once

\$200 well-being credits

COVID-19 vaccinations for You & Your Family, earn \$200 (1x/year). Earning period: Oct. 1, 2020 - Dec. 31, 2021. Vaccine credit may take up to 8 weeks to show on your well-being credit page when completed at a plan pharmacy, doctor's office, or retail clinic. Complete the Attestation Form if it's been more than 8 weeks.

• Time Remaining: 120 days

TAKE ME THERE

[View Full Statement](#)

COVID-19 Vaccine Attestation Form

First Name *

Last Name *

I completed the full COVID-19 vaccine * YES
 NO- Please submit this form only after you have completed the vaccine.

Date you received the COVID-19 vaccine *

Record your COVID-19 vaccination shot completion to receive a reward. If you completed through USG health plan or CVS pharmacy you may have already been credited. Check your rewards statement. If it's been more than 10 weeks and your credit has not been applied please complete this form. Reward can only be earned 1 time by either attestation form or if we received information.

* By clicking the box, I hereby affirm that I have accurately and truthfully answered the question above. I also understand that if I attest that I am fully vaccinated, I may be asked to provide documentation of my vaccination status (e.g., a copy of my vaccine card or other similar official document confirming my vaccination status).

SUBMIT



Additional 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.



Kepro

- 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



Your Employee Assistance Program provides the following no cost confidential services:

- Up to 4 counseling sessions per issue
- Legal and financial assistance
- Daily living services
- Online tools and information

Call today and let us help you live your best life.



Kepro

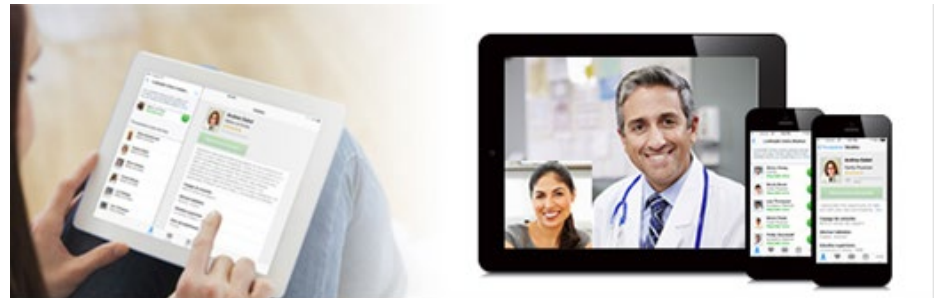
- A wide array of other services, such as:
 - Basic legal assistance and referrals
 - Adoption assistance
 - Pet services referrals
 - Assistance finding child and elder care services
 - Daily living and concierge (travel, cleaning services, moving, etc.)
- Contact Kepro 24/7/365 at 1-844-243-4440
- Visit usg.mylifeexpert.com/
 - Company code: USGcares





LiveHealth Online

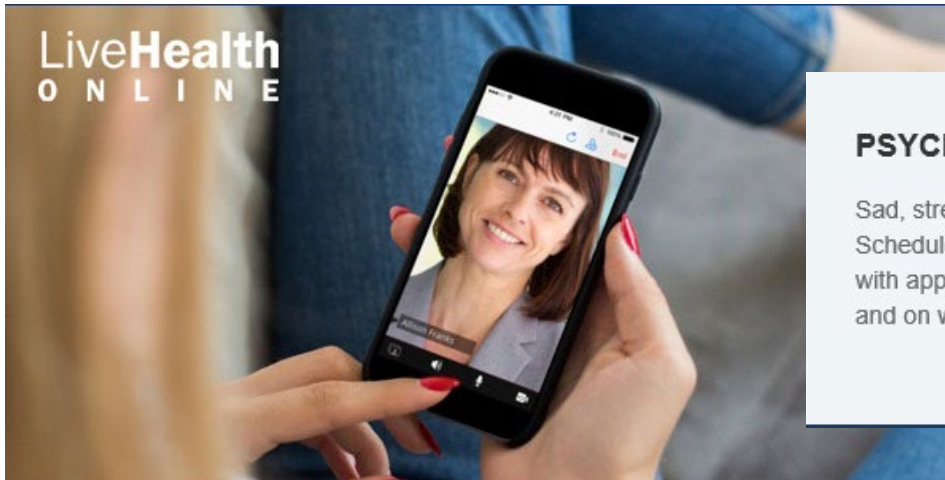
- 3 Free Visits for Comprehensive Care and BlueChoice HMO plan members
- **Save money and time** by using LiveHealth online from your smartphone, tablet or computer 24/7. Get the free app!
- See a doctor for these conditions and more:
 - Flu, Minor rashes, Sore throat, Pink eye, Allergies, Cold, Fever, Skin infections, Headache
- Access through your mobile device or online at <https://livehealthonline.com/>





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.



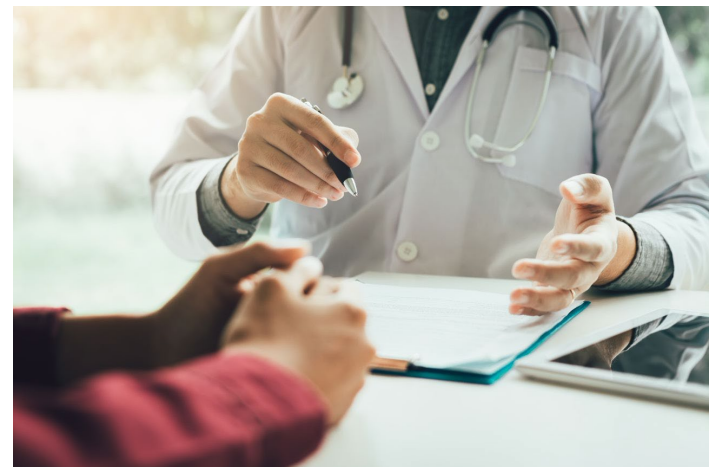
Going through challenges or changes in life?

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



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





Centered
on **YOU**



Questions??

For questions regarding the program, email support@virginpulse.com, usgwellbeing@usg.edu, or call 833-724-4874