



# 2021-2022 WELLNESS PROGRAM

## BUILD A BETTER YOU

The Colgate University wellbeing program helps you live better and achieve your health goals with a fun and engaging mobile experience that delivers powerful resources right to your fingertips.

## WHAT IS MY REWARD

- Employees who reach 300 points can earn \$300 in flexible spending funds
- Employees hired 9/1-10/31 who reach 150 points can earn \$150 in flexible spending funds
- Ways to earn are listed on the next page under Earning Incentives

## HOW TO REGISTER

- New members: visit: [join.virginpulse.com/CUWellProgram](https://join.virginpulse.com/CUWellProgram)
- Existing members: sign in at [member.virginpulse.com](https://member.virginpulse.com)
- Accept the terms and conditions
- Download the Virgin Pulse mobile app by searching “Virgin Pulse” in the App Store or Google Play



## PERSONALIZE YOUR EXPERIENCE

- Set your interests to get personalized wellbeing tips
- Choose your email preferences
- Connect an activity tracker
- Upload a profile picture and add friends

## GETTING STARTED

You're registered and signed in—now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

### **Health Check Survey- Required**

The Health Check Survey asks questions about your current health status and wellbeing habits. Once completed, your responses will be analyzed to generate a health score, show your health risks, and provide practical tips to help you improve. Complete your Health Check Survey by visiting the *Health* tab.

### **Preventive Care Compliance- Required**

Keeping up with preventative care means fewer sick days, feeling your best, and stopping costly conditions before they start. My Care Checklist is an easy way to keep track of your healthcare history and remind you when you are due to well visits, routine screenings, and vaccinations.

### **Pillars and Topics**

Looking to reduce stress, increase your energy throughout the day or find the motivation to continue progress toward your wellbeing goals? The Pillars and Topics section can point you in the right direction, providing quick access to many helpful tools and resources.

### **Benefits**

Curious what additional wellness opportunities are available to you as a Colgate University employee? Check out the *Benefits* tab! From here you can go to the CU Work/Life Programs\* and find information on the on-site athletic facilities, EAP program, and more. You will also be able to visit the Colgate Employee Benefits\*\* page to learn more about health, dental, vision, retirement benefits and more.

\*<https://www.colgate.edu/jobs-colgate/worklife-programs>

\*\*<https://www.colgate.edu/about/campus-services-and-resources/colgate-employee-benefits>

# EARNING INCENTIVES

Good health is its own reward. But that doesn't mean we're going to leave you empty-handed. Earn points for completing program activities.

## Ways to Earn Points

Program Requirements (Once per program year)	
Complete the Health Check Survey	
Complete 3 Preventive Care Exams/Screenings (My Care Checklist)	100
Tobacco Free (Once per program year)	
Complete Nicotine-free Agreement	20
Health Metrics	
Self entered measurements	3 each / 12 max
Validated measurements	5 each / 20 max
Ideal or improved blood pressure	1 each / 4 max
Ideal or improved BMI	1 each / 4 max
Ideal or improved fasting or non-fasting glucose	1
Ideal or improved total cholesterol	1
Ideal or improved HDL cholesterol	1
Ideal or improved LDL cholesterol	1
Ideal or improved triglycerides	1
Ideal or improved waist/hip circumference	1
Challenges	
Join the Company Challenge	5 each / 15 max
Win the promoted healthy habit challenge	5 each / 60 max
Journey (Quarterly)	
Complete a Journey	15 each / 60 max
Activities	
Track sleep 10 days in a month	5 each / 60 max
Track sleep 20 days in a month	10 each / 120 max
Take 7,000 steps 20 days in a month	5 each / 60 max
Take 10,000 steps 20 days in a month	10 each / 120 max
Complete 20 daily cards in a month	5 each / 60 max
Connect first activity device	5 max
Complete a healthy event	5 each / 15 max
Complete a biometric screening	50

# ADDITIONAL ACTIVITIES

Prioritize and personalize your experience by engaging in resources to help improve your wellbeing:

**Daily Cards:** Get helpful tips that are relevant to your current interests and goals.

**Journeys®:** Make simple changes to improve your health, one step at a time.

**Challenges:** Team up or go head to head to challenge your coworkers and track healthy habits.

**Social Groups:** Discuss your favorite hobbies and find a like-minded community to support your healthy changes.

**Healthy Habits:** Select healthy habits to work toward, and track your progress every day.

# FREQUENTLY ASKED QUESTIONS

## Is my health information confidential?

The Colgate University wellbeing program is confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with Virgin Pulse will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

## Who can I contact with questions?

- Visit [support.virginpulse.com](https://support.virginpulse.com)
- Email us at [support@virginpulse.com](mailto:support@virginpulse.com)
- Give us a call at 888-671-9395 (Monday–Friday 8 am - 9 pm ET)
- Join us on live chat on [member.virginpulse.com](https://member.virginpulse.com) (Monday–Friday 2 am - 9 pm ET)

