

IT'S TIME TO GET READY FOR YOUR NEW VIRGIN PULSE WELLBEING PROGRAM

SimplyWell® has joined forces with Virgin Pulse to create an exciting new wellbeing experience for the 2021 Colgate University CUWell program. You'll have all the tools you need to get active, get healthy and live better every day, including new challenges, helpful tips and engaging social options.

HERE TO STAY

REQUIRED

- **Health Check** (formerly Member Health Assessment): Answer questions about your health status and wellbeing habits to generate a health score and discover relevant tips to help you improve.
- **Biometric Screening:** Receive vital information about your overall health, including cholesterol, triglycerides, cardiac risk, glucose, blood pressure and more.
- **Preventive Care:** Complete regular preventive care activities to help you detect health risks early when you have more treatment options available.

ADDITIONAL ITEMS

- **Challenges:** Go head-to-head with friends across Colgate University to participate in healthy challenges to help you build healthier habits.
 - » Creating personal challenge 5 points per month
 - » Join the company challenge 15 points
 - » Win the promoted healthy habit challenge 10 points per month.
- **Activity Tracking:** Quickly see which activities you've already completed in the program and discover new ways to work toward your health goals.
 - » Track sleep 20 days in a month 10 points per month
 - » 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes 10 points per month
 - » 20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes 10 points per month
 - » Connect first activity device 5 max
- **Daily Tips Cards:** Get helpful new tips every day that are relevant to your current interests and goals.
 - » Complete 10 daily cards in a month 5 points per month
 - » Complete 20 daily cards in a month 5 points per month

NEW AND IMPROVED

- **New URL:** join.virginpulse.com/CUWellProgram
- **New Mobile App:** Virgin Pulse mobile app via App Store or Google Play
- **New Support Contact**
 - » **Visit us at** support.virginpulse.com
 - » **Email support at** support@virginpulse.com
 - » **Call us at** 888-671-9395 (Monday-Friday 8 am - 9 pm ET)
 - » **Live Chat us at** member.virginpulse.com (Monday – Friday 2 am – 9 pm ET)



Your Rewards: Earn credit for completing program activities in the 2020-21 CU Well Program and earn a reward. Manage all your program activities at join.virginpulse.com/CUWellProgram or the Virgin Pulse mobile app.

In the 2021 program, Colgate will offer an enhanced point structure. Employees will be able to **earn \$300 in an employer paid flexible spending account**. The payment will be deposited into a flex account on 1/1/22.

Please Note: Employees hired between September 1 and October 31, 2021 need to reach 150 points to earn the \$150 Employer FSA Contribution.

MARK YOUR CALENDAR

Your new Virgin Pulse experience will be available on 12/1/20. Stay tuned for your invitation and details on how to get started.