



Build a better you

Here's how to get started:

- 1 **Activate your Virgin Pulse account**-join.virginpulse.com/cuwellprogram or visit portal.colgate.edu and scroll down to HR>CU Well website sign-in or use the QR code
- 2 **Download the Virgin Pulse mobile app** for iOS or Android.
- 3 **Connect an activity tracker** to get credit for your steps, active minutes, and sleep. We sync with many devices and apps (Max Buzz, Fitbit, Misfit, etc.)
- 4 **Upload a profile picture and add some friends.**
- 5 **Start a little healthy competition** and create or join a challenge with friends.



Not a member yet?
Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/cuwellprogram



Colgate University 2023-24 Wellness Program

Program Dates: Dec. 1, 2023- Nov. 30, 2024

Rewards: Earn 300 points by 11/30/24 = \$300 on your flexible spending card!

Required items: Health Check Survey, Biometric Screening & MyCare Checklist (preventive exams). You can complete other healthy actions at any time, but you won't see their points added to your total until the required items are completed.

New Hires: Employees hired 9/1/24 – 10/31/24

Earn 150 points by 11/30/24 to receive \$150 on your flexible spending card (the only requirement is the Health Check Survey).

Required Actions		
Health Check Survey	Once a year	
Biometric Screening	Once a year	150 Points
MyCare Checklist	3 Appointments	
Other Actions		
Nicotine free Agreement or Tobacco Journey	1x/ per program	20 Points
Hit Target Metric or Improve by 5% (BMI/Waist, Total Cholesterol, Blood Pressure, Glucose)	1x/per program	20 Points Each
Join the Company Challenge	3x/ per program	5 Points
Create a personal challenge	Once per month	5 points
Win the promoted healthy habit challenge	Once per month	5 Points
Complete a Journey	1x/ per quarter	15 Points
Track sleep 20 days in a month (0 out of 20)	Once per month	10 Points
Complete a video or audio experience from your library	10x/per program	2 Points
Take 10,000 steps 20 days in a month	Once per month	10 Points
Take 7,000 steps 20 days in a month	Once per month	5 Points
Healthy Events	5x/ per program	5 Points
Complete 20 daily cards in a month	Once per month	5 Points

Check out all the other ways to earn points on the platform under Home>Rewards



Login or Register here: join.virginpulse.com/CUWellProgram

