

# READY SET GO!

Your Colgate University CUWell program is waiting for you, with exciting new ways to get rewarded for getting healthier. Get started today.

## Highlights

- Download the engaging and easy-to-use **Mobile App** today!
- Create your own **Personal Challenges** and compete with colleagues.
- Find what you need to help meet your wellbeing goals—fast—by exploring the **Pillars and Topics** section.
- Get your crew involved. **Invite Colleagues** and encourage and support each other on your path to better wellbeing.
- Have a **preferred wearable device**? Connect it—or buy yourself one in the Virgin Pulse Store.
- **Earn 300 points** toward Employer FSA Contribution in 2022

## Your rewards

It's easy to earn rewards by making healthy decisions. When you reach 300 points you will earn a \$300 Employer FSA Contribution in 2022. Here's how to earn points throughout the program year.

Complete the required actions to earn your FSA Contribution. Beginning 12/1/20, all benefit-eligible employees are eligible to sign-up at [join.virginpulse.com/CUWellProgram](https://join.virginpulse.com/CUWellProgram) or the Virgin Pulse app to start the program.

- Health Check Survey
- Biometric Screening
- Preventive Care

Complete other program activities to earn a total of 300 points.

**Note:** Employees hired between September 1 and October 31, 2021 are required to complete the Health Check Survey, Preventive Care and earn a total of 150 points to receive \$150 in Employer FSA Contributions.

**COLGATE  
UNIVERSITY**

## What's new?

**Effortless engagement:** Log in daily to stay on track with your wellbeing goals.

**Sync and track:** Connect a device to your account and watch your steps add up quickly.

**Journeys® digital coaching:** Practice new habits and watch them stick. Start a Journey from the left-hand menu on the homepage. New steps will be delivered to you each day when you log in to your account.

**Looking for additional programs?** Just open the Programs page from the left-hand menu on the homepage.

### New Support Contact:

- Visit us at [support.virginpulse.com](https://support.virginpulse.com)
- Email support at [support@virginpulse.com](mailto:support@virginpulse.com)
- Call us at 888-671-9395  
(Monday–Friday 8 am - 9 pm ET)
- Live Chat us at [member.virginpulse.com](https://member.virginpulse.com)  
(Monday–Friday 2 am - 9 pm ET)

Get the Virgin Pulse mobile app or go to [join.virginpulse.com/CUWellProgram](https://join.virginpulse.com/CUWellProgram).

