Getting started

You’ve 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.

Complete the Health Check survey
The Health Check asks questions about your current health status and wellbeing habits. Once completed, you’ll see your health score, learn about possible health risks and get practical tips to help you maintain and improve your wellbeing. Complete the survey by visiting Health Check under the Health tab.

Preventive Exams and Screenings
Keeping up with preventive care means fewer sick days, feeling your best, and stopping costly conditions before they start. Complete any three preventive exams or screenings and upload documentation before November 30, 2023 to earn rewards and ensure your health remains your top priority.

Track your Healthy Habits
Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that’ll make you successful. Your Healthy Habits will be customized based on your Health Check results and the interests you set in your profile. Go to Healthy Habits > Discover More to change up the habits you try over time.
### 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.

For a full list of ways to earn, go to [Rewards > How to Earn](#).

#### Ways to earn

<table>
<thead>
<tr>
<th>Program Requirements (Once per program year)</th>
<th>Points</th>
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<tbody>
<tr>
<td>Complete the Health Check survey</td>
<td>150</td>
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<tr>
<td>Complete 3 Preventive Care Exams/Screenings (via attestation form)</td>
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<tr>
<td>Complete a biometric screening</td>
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<tr>
<td><strong>Tobacco-free</strong> (Once per program year)</td>
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<tr>
<td>Complete Nicotine-Free Agreement</td>
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<tr>
<td>Complete a tobacco Journey</td>
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<tr>
<td><strong>Health Metrics</strong> (Once per program year)</td>
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<tr>
<td><strong>BMI or Waist Circumference</strong></td>
<td>20</td>
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<tr>
<td>Target or 5% improved BMI</td>
<td></td>
</tr>
<tr>
<td>Target or 5% improved waist/hip circumference</td>
<td></td>
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<tr>
<td><strong>Total Cholesterol</strong></td>
<td>20</td>
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<tr>
<td>Target or 5% improved cholesterol</td>
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<tr>
<td><strong>Blood Pressure</strong></td>
<td>20</td>
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<tr>
<td>Target or 5% improved blood pressure</td>
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<tr>
<td><strong>Blood Glucose</strong></td>
<td>20</td>
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<tr>
<td>Target or 5% improved fasting glucose</td>
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<tr>
<td>Target or 5% improved non-fasting glucose</td>
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#### Challenges

- Join the company challenge: 5 each/15 max
- Win the promoted healthy habit challenge: 5 each/60 max
- Create a personal challenge: 5/month

#### Journeys* (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
- Track steps or activity 10 days/month: 5 each/10 max
- Track steps or activity 20 days per month: 5 each/10 max
- Take 7,000 steps 20 days in a month: 10 each/120 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/25 max

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### 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*

Try this digital coaching program to 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.

#### Pillars

Find content that is important to you and provide quick access to many helpful tools and resources.

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### 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

### 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?**

- Check out [support.virginpulse.com](https://support.virginpulse.com)
  - Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
  - Monday–Friday, 8 am–9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)