



# 2020-2021 WELLNESS PROGRAM

## WHO CAN PARTICIPATE

Beginning 12/1/20, all benefit-eligible employees are invited to sign in to [join.virginpulse.com/CUWellProgram](https://join.virginpulse.com/CUWellProgram).

## WHAT IS MY REWARD

- Employees hired before 9/1/20 can earn \$300 flexible spending credits
- Employees hired between 9/1/20 - 10/31/20 can earn up to \$150 in flexible spending credits.

## 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



## REQUIRED ACTION ITEMS

- Complete the Health Check Survey
- Complete the Biometric Screening
- Preventive Care Screening

## 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

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 **Programs**.

### Biometric Screening

Biometric Screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI) and waist measurement. You may complete your screening at an upcoming onsite event, by visiting your physician or a LabCorp facility.

**Note:** Depending on your method of testing or location of screening, not all metrics may be included.

### 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.

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# 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
<b>Program Requirements (Once per program year)</b>	
Complete the Health Check Survey (required)	
Complete the Biometric Screening (required)	150
Preventive Care Screening (required)	
<b>Tobacco Free (Once per program year)</b>	
Complete Nicotine-free Agreement	20
<b>Health Metrics (Once per program year)</b>	
Achieve ideal or improved BM or waist circumference	25
Achieve ideal or improved LDL cholesterol	25
Achieve ideal or improved blood pressure	25
Achieve ideal or improved fasting or non-fasting glucose	25
<b>Challenges</b>	
Create a personal challenge	10 each / 120 max
Join the company challenge	15 each / 30 max
Win the promoted healthy habit challenge	10 each / 120 max
<b>Journey (Quarterly)</b>	
Complete a Journey	20 each / 80 max
<b>Activities</b>	
Track sleep 20 days in a month	10 each / 120 max
20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	10 each / 120 max
20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	10 each / 120 max
Complete 10 daily cards in a month	5 each / 60 max
Complete 20 daily cards in a month	5 each / 60 max
Connect first activity device	5 max

# 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).

