

USG Well-being

USG cares about your health and well-being. That's why we provide you with a variety of tools that make it easy for you to incorporate healthy habits into your daily life. Complete healthy activities between January 1 and September 30, 2020, and you can earn up to a \$100 well-being credit.

The well-being credit is only available to employees and spouses covered by a USG healthcare plan. USG has partnered with Virgin Pulse for the well-being services. Your health information is confidential and will not be shared with USG.

The USG Well-being program is completely voluntary and confidential. Have a question about your privacy or other details of the program? Find answers in the FAQ, which is available at usg.edu/well-being. You can also read the Virgin Pulse privacy policy at virginpulse.com/privacy-policy.



Choose your path to better health

USG Well-being provides you with a variety of tools that make it easy for you to incorporate healthy habits into your daily life. You can search for the topics and programs that most interest you. Choose from tracking your daily healthy habits, participating in wellness challenges, utilizing financial or health coaching, joining community events and more.

Activate your account by going to ourwellbeing.usg.edu. You will then create a unique username and password that is different from your USG login information.

You can also do it all from the app! Download the app by searching for Virgin Pulse on the App Store® or Google Play™.



Complete the health assessment – Earn

Answer questions about your daily nutrition, exercise and sleep habits, as well as how you feel, what you do to stay healthy, and how you cope with stress. You'll see your results and be able to measure the improvements to your well-being over time.

Answer questions online or on your mobile device to get feedback and insights about your health.

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Activity tracking – Earn up to

Track 7,000 steps for 20+ days in a month and earn \$15 for each month! And, if you use a wearable device or fitness app, you can sync it and watch your steps add up automatically. **Plus, you'll earn \$10 for syncing!** Devices and apps include Fitbit, Garmin, Apple Health, MapMyFitness, Jawbone, Misfit, Moves, Runkeeper and Withings.



Financial coaching – Earn

USG employees are welcome to schedule a free confidential appointment with a financial coach. Get answers to your financial questions and become better prepared for your future. Coaching programs are offered through Fidelity, TIAA and AIG Retirement. Call to get started. Mention you are a USG Well-being participant. Note that calls for balance inquiries are not eligible for credit.

Fidelity: 1-800-343-0860

TIAA: 1-800-842-2252

AIG Retirement: 1-866-279-1444



Digital coaching – Earn up to

Try digital coaching to help you get active, eat healthier, feel more confident about your finances, strengthen your resilience and more. These online experiences allow you to pick the healthy, inspiring steps that appeal to you and work at your preferred pace, unlocking new levels of healthy habits as you go.

Choose from titles such as *Make Time for Play*, *Get Strong at Home*, *Bedtime Game Plan*, *Go Lean to Get Lean* and dozens more. You'll find that changing habits doesn't have to be hard, and trying something new can be fun.



USG Well-being (Cont.)

NEW! Phone coaching – Earn up to

One-on-one expert guidance and support

Partnering with a health coach offers an individualized approach to your well-being. You'll work with your coach over the phone. Coaches can provide answers to your health questions, support in overcoming obstacles, and help in transforming your goals into action. They'll also help you set small goals to work on between coaching sessions.

- **Virgin Pulse:** Schedule by going to your well-being portal and selecting **Programs**. Choose the type of coaching that's best for you.
- **Anthem:** Call **1-800-785-0006**. Participate in coaching for asthma, diabetes, heart failure, coronary artery disease (CAD) and chronic obstructive pulmonary disease (COPD).
- **Kaiser Permanente:** Call **1-866-862-4295**. Mention you are a USG Well-being participant and ask for personal lifestyle coaching.

Community and local events – Earn up to

Make a difference in your community. Earn a well-being credit for volunteering, participating in events such as community 5K run/walk, or other events of your choosing. Any activity where you feel you donate your time and give back to your community counts. Examples include donating blood, helping out a local homeless shelter, volunteering at a church or religious institution of your choosing, participating in a neighborhood night out or packing food at a food pantry. You will earn \$15 for each activity. Note that the activity does not need to be physically demanding.



Flu shots – Earn up to

Free flu shots for employees and dependents covered under a USG healthcare plan. **Protect yourself and everyone around you. Get your flu shot!** Flu shots are covered at 100% when received at a plan pharmacy, doctor's office or retail health clinic.

- USG Anthem members: Use your Anthem ID card.
- USG Kaiser Permanente members: Receive a flu shot at any Kaiser Permanente facility.
- Receive a flu shot at your local pharmacy or retail health clinic.

Money Monday – Earn up to

Money Monday is a monthly financial education workshop with a WebEx format that will be broadcast to the entire USG. This workshop provides:

- **Guidance** to employees who may be stressed about economic conditions, market fluctuations, and their personal finances.
- **Education** about benefits in the context of personal financial planning, including saving, investing, debt management, and planning for the unexpected.

Earn \$15 for attending three webinars that will go toward your well-being credit for participating. Earn up to \$30 for attending six webinars. You can participate in as many webinars as you wish!

Diabetes coaching

If you have diabetes, it doesn't have to control you. Phone coaching opportunities are available to help you keep your diabetes in check. Calls are confidential, can be scheduled at your convenience and usually last about 20 minutes.

- **Virgin Pulse:** Schedule by going to your well-being portal and selecting **Programs**. Choose **Diabetes Coaching**.
- **Anthem:** Call **1-800-785-0006**. Participate in diabetes coaching for children and adults.
- **Kaiser Permanente:** Call **1-866-862-4295**. Mention you are a USG Well-being participant and ask for personal lifestyle coaching.

USG Well-being (Cont.)

Tobacco cessation coaching

Is today the day you start living a tobacco-free life? No matter where you are now, USG healthcare plans provide coverage with a \$0 copay (with a prescription) for most over the counter and prescription Nicotine Replacement Therapy resources. You also have access to phone coaching resources that can help you quit – and stay quit.

- **Virgin Pulse:** Schedule by going to your well-being portal and selecting **Programs**. Choose **Tobacco Cessation Coaching**.

Well-being Wednesday – Earn up to

Well-being Wednesday will raise awareness about health, stress, and disease to motivate you to make important changes that will reduce health risks and enhance the quality of your life.

Earn \$15 for attending three webinars that will go toward your well-being credit for participating. Earn up to \$30 for attending six webinars. You can participate in as many webinars as you wish!

NEW! Participate in a USG challenge – Earn up to

Participate in a challenge. Challenges are a fun way to focus on a new healthy habit or get in more physical activity. They will be added throughout the year. Participate and complete the challenges to earn \$25, up to twice a year. You can participate in as many challenges as you wish.

NEW! Invite your friends –

Have you ever wished you could share this program with a friend or family member? Now, you can invite up to five friends to participate. Your invitees can participate in challenges, digital coaching, activity tracking and more. Their participation is free and confidential; they cannot earn well-being credit.

NEW! Complete healthy habits – Earn up to

Choose and track your healthy habits, such as staying organized, drinking water, keeping good posture, bringing your lunch to work and more. Track and complete healthy habits 20+ days in a month and earn \$5 for each month.

NEW! Complete your daily cards – Earn up to

Daily cards are personalized recommendations, information and inspiration that exist on your home page online and in the app. Complete 20+ daily cards a month and earn \$5 for each month.

Note: To receive credits for activities completed through Kaiser Permanente, you must sign your Wellness Program Agreement each year. Visit kp.org/engage, sign in and accept the agreement.

