

# Credits

The more you do, the more you earn.

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn.



Do  
Healthy Things



Earn  
Credits



Celebrate  
Success

## Here's how to get started:

- 1 **Employees** access their USG Well-being account at [oneusgconnect.usg.edu](https://oneusgconnect.usg.edu); **Manage My Benefits**. **Spouses** access their account at [ourwellbeing.usg.edu](https://ourwellbeing.usg.edu).
- 2 **Download the Virgin Pulse mobile app** for iOS or Android. Your Sponsor Code is **USG**. Access your account and track your activity anywhere, anytime.
- 3 **Complete the health assessment** to unlock the opportunities to earn your well-being credits.
- 4 **Connect a device** to get well-being credits for your steps, active minutes and sleep. We sync with many devices and apps (Apple Health, Fitbit, Garmin, etc.).
- 5 **Upload a profile picture and add some friends**.
- 6 **Start a little healthy competition** and create or join a challenge with friends!

**Employees and spouses covered on a USG healthcare plan can each earn up to a \$100 well-being credit for participating with USG Well-being!**



UNIVERSITY SYSTEM OF GEORGIA  
Well-being

### Questions?

Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)  
or give us a call: **833-724-4874**



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## Here's how you can earn credits:

**Complete the Health Assessment to unlock the opportunities to earn your well-being credits.** In this short questionnaire, you'll answer questions about your health habits and get personalized recommendations so that you can make the most of your well-being experience. Once you finish the assessment, you can start earning well-being credits!

	Do healthy things	Earn credits
<b>Once ever</b>	Connect a device	\$5
	Add five USG friends	\$5
<b>Yearly</b>	Receive a flu shot*	\$10
	Complete 16 weeks of a USG-approved Diabetes Prevention Program	Livongo - Anthem members Omada - Kaiser members \$50
	Complete a USG Biometric Screening	Onsite or via physician form \$50
	Complete a financial coaching appointment	AIG Retirement, CAPTRUST, Fidelity, TIAA \$20
	Complete 4+ Virgin Pulse phone coaching appointments	\$25
<b>2 times per year</b>	Track your steps each week of a USG challenge	\$20
	Volunteer or participate in community events	\$10
<b>3 times per year</b>	Complete 20+ Daily Cards in a month	\$5
	Complete Journeys® digital coaching	\$10
<b>5 times per year</b>	Complete Healthy Habits 20+ days in a month	\$5
	Track 10,000 steps 20+ days in a month	\$10
	Participate in a Money Monday Workshop	\$5
	Participate in a Well-Being Wednesday Workshop	\$5

Employees and spouses covered on a USG healthcare plan can each earn up to a \$100 well-being credit for participating with USG Well-being. The USG Well-being program is completely voluntary and confidential. You may participate in the program all year, but you must complete activities between January 1 and September 30, 2021, to earn credits. The well-being credit will be paid in November 2021. To receive the credit, you must be a current full-time employee or spouse enrolled in a USG healthcare plan during the pay period in which the credit is paid.

\*Kaiser Permanente members who complete KP activities are required to accept the wellness agreement at <http://kp.org/engage> to receive credit.



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## Connect a device

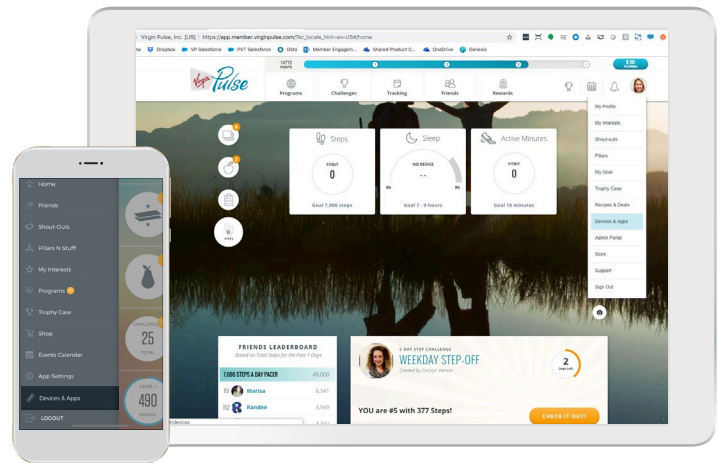
Keep track of how well you're doing by using a fitness tracker or your mobile phone. Then challenge yourself to take it up a notch!

### Step 1

Hover over your profile picture in the right corner of the top-navigation menu. In the drop-down menu that appears, select **Devices & Apps**.

### Step 2

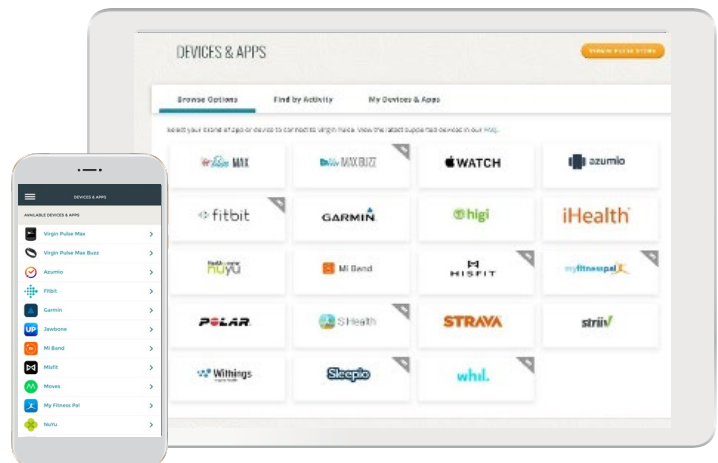
Choose the appropriate section for the device you'd like to connect.



### Step 3

Follow a few simple steps. You'll see instructions right on your screen.

Your connection will be made successfully, and you'll be redirected back to the Devices & Apps page, where there should be link icon in the top right corner of the section that you just connected.



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