



2024

# WELLNESS PROGRAM GUIDE



Welcome to our wellness program powered by Health Solutions!

We'll help you build healthy habits focused on the areas you want to improve the most. When you stick to the program, you'll experience the lifelong rewards of better health and wellbeing.

## What's in it for you?

- Personalized resources to be informed, get well, and stay well
- Meaningful rewards for prioritizing your health and wellbeing

## Who can participate?

All employees are eligible to participate in the program and earn rewards!

# GET STARTED

Access your wellness portal from your desktop or your mobile device!

## Step 1

To get started on your **desktop**, visit [join.virginpulse.com/healthsolutions1](http://join.virginpulse.com/healthsolutions1).

To get started on your **mobile device**, scan the QR code and download the Virgin Pulse mobile app from the App Store or Google Play. Click Create Account and enter Health Solutions (program dates 1/1-12/31) into the sponsor search.



## Step 2

Enter your name and date of birth, accept the terms and conditions and enter a few details to create your account.

## Step 3

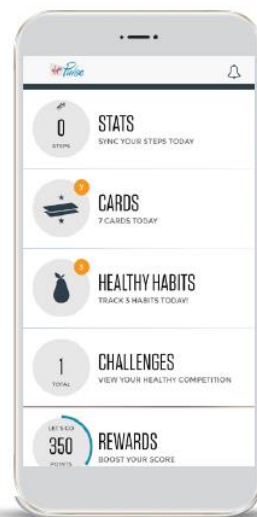
Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps (see next page for details)!

## Step 4

Upload a profile picture and add some friends.

## Step 5

Complete your Health Check survey and set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!



# GET CONNECTED

Keep track of how well you're doing on key stats like steps, activity minutes, and sleep, by connecting a wearable device or an app. Then challenge yourself to take it up a notch!

## Step 1

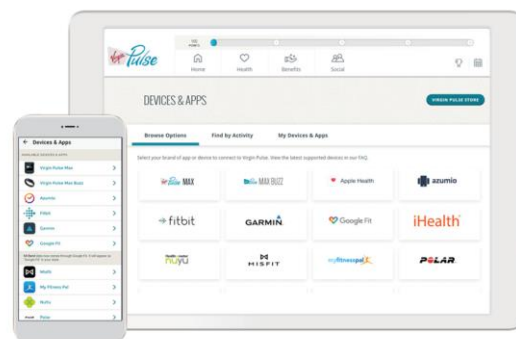
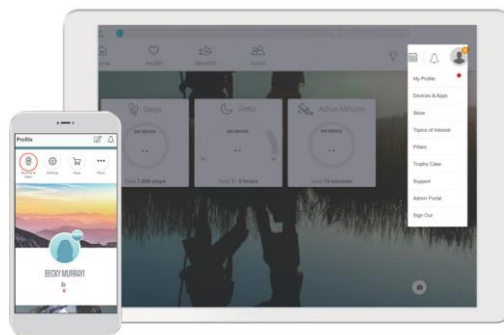
Go to **Devices & Apps** in the menu. (Profile > Devices & Apps on the mobile app)

## Step 2

Choose the device you'd like to connect.

## Step 3

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



## Don't have a device?

Don't Worry! Connect to one of our compatible apps to sync your stats directly from your mobile device or track manually within the Stats page of your wellness portal.

# EARN REWARDS

## Know Your Numbers

Covered members must complete these steps to **earn \$200 through AwardCo**

**NEW!** Complete the Know Your Numbers steps in 2024 to be eligible to earn the wellness rate in 2025.

### Health Screening

Due 8/30/2024

[or within 60  
days of hire]

Download and submit a completed **Health Form** with results from a recent physical exam. Results must have been collected within the last 12 months and not used for a previous wellness program.

Results will be available within two to three weeks of Health Solutions receiving. Visit the **Stats** page to view all results and year-over-year trends, if applicable.

### Post-Screening Consultation, if invited

Due 10/31/2024

[or within 90  
days of hire]

Visit the **Rewards** page to see how your measurements compare to the established targets for your program. If your measurements meet the established targets for your wellness program, you have no further steps to earn the Know Your Numbers reward.

If any of your measurements are out of range, you will need to complete a one-on-one Post-Screening Consultation session with a health coach to finish the Know Your Numbers activity. You will be contacted via email by Health Solutions to schedule an appointment.

## Points & Levels Rewards

Covered employees can earn **up to \$100 through AwardCo (non-covered can earn up to \$50)** for completing daily activities and building healthy habits during the program! If you were invited to participate in Health Coaching, your ongoing engagement will get you to level 3 by the end of the year!

	Level 1	Level 2	Level 3	Level 4
	10,000 pts	30,000 pts	50,000 pts	70,000 pts
Covered	\$25	\$25	\$50	Prize
Non-Covered	\$10	\$15	\$25	Drawing

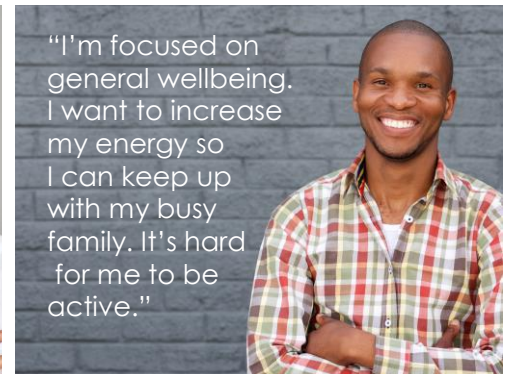
Alternatives for completing the steps to earn your incentive are available upon request. Visit your wellness portal at [member.virginpulse.com](http://member.virginpulse.com) to learn more.






# EARN REWARDS

## Not sure where to begin?

You can earn up to 2,450 points just for getting started and personalizing your account. From there, take advantage of this program to reach your personal health goals and earn rewards along the way!



Healthy Stepper	
Complete the Health Check Survey	1,000
Complete 2 Daily Cards for 20 days in a month	800/month
 Complete 20 Daily Cards each month	200/month
Track 3 Healthy Habits 20 days in a month	600/month
 Track Healthy Habits 20 days each month	300/month
Take 10,000 steps in a day 20 days in a month	2,000/month
 20-Day Triple Tracker: 10,000 steps/30 active mins/30 workout mins	500/month
Reach the end of the destination challenge	100
<b>Annual Total</b>	<b>53,900</b>

Self-Care Seeker	
Complete the Health Check Survey	1,000
Complete a Health Checkup	250
Complete a Dental Checkup	250
Complete an Eye Exam	250
Complete 2 Daily Cards for 20 days in a month	800/month
 Complete 20 Daily Cards each month	200/month
Track 3 Healthy Habits 20 days in a month	600/month
 Track Healthy Habits 20 days each month	300/month
Complete a Journey step 20 days in a month	400/month
Complete a Journey	150
Track sleep nightly 20 days in a month	400/month
Track sleep 20 days each month	200/month
Sleep > 7 hours in a night	1,000/month
Sleep > 7 hours 20 days in a month	500/month
<b>Annual Total</b>	<b>54,700</b>

Coaching Participant	
Complete the Health Check Survey	1,000
Engage in Health Coaching with Health Solutions, if invited	50,000
Enter your measurements each month	50/month
<b>Annual Total</b>	<b>51,600</b>



**Receive bonus points for being consistent!**

### Want to reach Level 3?

It's easy if you break it down by month!

*Earn 4,167 points each month to reach Level 3 by the end of the year.*

If you have trouble accessing the wellness portal, contact Member Services at 844-926-1729 or by email at [healthsolutions@virginpulse.com](mailto:healthsolutions@virginpulse.com).





# ENROLL IN HEALTH COACHING

## Looking for support to improve your health and wellbeing?

Talk to a professional clinician or coach over the phone to get one-on-one support, expert guidance and help navigating your wellbeing questions.

### Health Coaches can help support:

- Anxiety
- Chronic Pain
- Depression
- Diabetes
- Digestive Health
- Eating Healthy
- Financial Fitness
- Getting Active
- Heart Health
- Insomnia
- Lung Health
- Pregnancy
- Reducing Stress
- Weight Management

...and more!

### With a Health Coach you'll:

#### Set a goal

Whether you want to get fit, eat healthier or sleep better, your coach can help you set a goal and stick with it.

#### Monitor your stats

Coaches can monitor your progress and offer tips to help you reach your goals.

#### Get support and encouragement

Meet with your coach regularly to receive support and resources that remove barriers to your success.

### What to expect:

The first session will help you build a meaningful relationship with your coach. Then you'll work with your coach to find the small steps you can take to make progress toward your goal. During your follow-up sessions, you'll update your coach on your progress and plan other steps to help you stay on track.

### Ready to get started?

Visit the Wellness Program Guide on the Benefits Page of your wellness portal or app to enroll!



# MANAGE YOUR RISKS

A team of Health Solutions Clinical Health Advocates is here to support you on your journey to better health. These resources are completely free for you to use!

## Empower

As part of your programming with Health Solutions, your medical claims are reviewed regularly to identify opportunities where we can best help you. Outreach is conducted to provide you with knowledge and resources that will empower you to achieve optimal health.

## Educate

Regardless of your participation in the wellness program, your health plan data is reviewed to support members with education and resources to manage your health. Health Solutions is a HIPAA covered provider, and this information is not shared with your employer.

## Augment

Time with your doctor is limited, and questions and concerns arise in between visits. Health Solutions is here to help connect the dots and point you to services that educate, empower, and maximize your healthcare benefits so that you receive the care you deserve.

## What's in it for you?

We'll let you know about specific programs available to better manage your health. This may include reminders to complete recommended preventive or condition-specific care, or to invite you to participate in free Personal Health Coaching.

Staying on top of your health can help you feel better AND control your out-of-pocket healthcare costs!

## Check out these real results:

After connecting with a Health Solutions Clinical Health Advocate, Terry learned that some of the habits he thought were healthy were actually holding him back. He was provided additional knowledge and support to better manage his health and within a few months, those small steps turned into major gains!

*"I'm down 20 pounds by using my Health Advocate's knowledge of nutrition and health. My blood sugar is in-check, and my blood pressure has stabilized. I feel the best I've felt in 15 years!" -Terry*



# ADDITIONAL PROGRAM RESOURCES

Get quick, simple tips...at your fingertips!

Learn easy-to-do, daily tips to help you get more active, eat well, manage life's ups and downs - and much more!

## Learn More Sessions

If you have questions about the wellness program or you are looking for support, please schedule a Learn More session with a Health Solutions Health Educator from the Wellness Program Guide on your Benefits Page.

## Daily Cards

Every day we'll send you new tips to help you live well. Daily Cards align with the areas that interest you the most.

## Healthy Habits

Healthy Habits offer you bite-size 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.

## Journeys® Self-Guided Education

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool, Journeys, to make simple changes to your health, one small step at a time.

## Challenges

Rally your coworkers for the latest company challenge! Or gather a small group of coworkers or friends and challenge one another to start a new healthy habit.

## Social Groups & Friends

Getting healthier and learning something new is easier with friends... add up to 10 of your family members & friends to help support you on your journey or join a group to stay motivated, chat with others, and achieve goals together.

## Pillars and Interests

We've made it simpler than ever to get to the information you want. Set your personal interests to personalize your wellness program and learn more about the topics you care about most. Explore the Pillars to find resources and information you need - fast.