



# BE THE BEST YOU

## 2022 Program and Services

We'll help you make small, everyday changes to your well-being that are focused on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and well-being.

### What's in it for you:

- Personalized tools and support to meet your well-being goals
- A variety of opportunities to earn points and rewards
- Compatibility with a variety of fitness devices for automated tracking

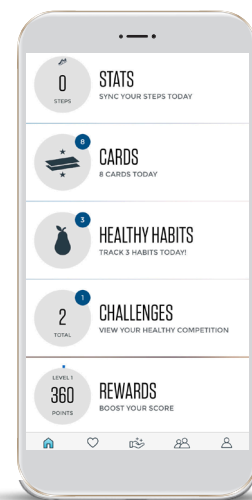
**Not a member yet?** Don't miss out on all the fun!  
Get started today by going to [go.osu.edu/yp4hquickstart](https://go.osu.edu/yp4hquickstart).





## How to get started

- Step 1**     **Sign up** for your Virgin Pulse account by going to [go.osu.edu/yp4hquickstart](https://go.osu.edu/yp4hquickstart). Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com).
- Step 2**     **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.
- Step 3**     **Connect a fitness tracker** to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)
- Step 4**     Upload a **profile picture** and add some **friends**.
- Step 5**     **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
- Step 6**     **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime.



## Rewards

It's easy to earn rewards by making healthy decisions. The more you make, the more you'll earn. Here's how to progress through the levels each quarter.



**Do**  
Healthy Things



**Earn**  
Points



**Celebrate**  
Success

### Earning potential

|                | Medical Plan Eligible            |                              | Points        |
|----------------|----------------------------------|------------------------------|---------------|
|                | Enrolled Faculty, Staff & Spouse | Non-Enrolled Faculty & Staff |               |
| <b>Level 1</b> | \$15 HRA                         | \$5 PulseCash                | <b>2,500</b>  |
| <b>Level 2</b> | \$20 HRA                         | \$5 PulseCash                | <b>5,000</b>  |
| <b>Level 3</b> | \$20 HRA/\$5 PulseCash           | \$5 PulseCash                | <b>10,000</b> |
| <b>Level 4</b> | \$20 HRA/\$20 PulseCash          | \$10 PulseCash               | <b>25,000</b> |

### Additional Earning Potential (up to \$480/Year) — Medical Plan Enrolled Faculty/Staff and Spouses

Complete the Personal Health and Well-being Assessment (PHA) and a verified Biometric Screening to earn a monthly premium credit.

#### NEW! 2022 Bonus Incentive

#### Reward

#### How to Earn the Bonus Incentive

Enrolled Faculty, Staff & Spouse

**\$100 HRA Credit**

Non-Enrolled Faculty & Staff

**\$20 PulseCash**

Complete 2 of the following 4 activities:

- My Care Checklist (3 preventive activities)
- 10 myStrength sessions per month for 3 months
- 10 Whil sessions per month for 3 months
- 16 weeks of engagement in VP Transform





## Ways to earn points:

For a complete list of ways to earn, visit **Rewards** under the **Home** tab.

|           | Do healthy things   | Earn points |
|-----------|---|-------------|
| Daily     | Upload 1,000 steps from an applicable activity tracker (up to 140 points/day) | 10          |
|           | Track your Healthy Habits (up to 3/day)                                       | 15          |
|           | Do your Daily Cards (up to 2/day)   | 20          |
| Monthly   | Complete 20 Whil (mindfulness) sessions                                       | 200         |
|           | Participate in promoted Healthy Habit Challenge                               | 250         |
| Quarterly | Set your interests  | 50          |
|           | Complete all steps in a Journey (up to 3/quarter)                             | 250         |
|           | Care Coordination—complete 1 quarterly Nurse Call (OSU Health Plan only)      | 3,000       |
| Annually  | Ideal BMI, blood pressure, total cholesterol, HDL, and A1C                    | 500 each    |
|           | Complete a Group Health Coaching or EAP series (up to 4/year)                 | 1,500       |

## Get quick, simple tips

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

### myStrength

Work on cultivating resilience and learn how to keep your emotional health strong through tools and resources customized for you.

### Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

### Challenges

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

### Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

**Have questions? We're here to help.**

**Give us a call:** (833) 556-6287 Monday – Friday, 8 am – 9 pm ET

**Send us an email:** [osusupport@virginpulse.com](mailto:osusupport@virginpulse.com)

Not sure if you can fully participate in this program due to medical hardship? Check out the Benefits page to access the Participation Exception Request Form.

Already a member? Log in at [member.virginpulse.com](https://member.virginpulse.com).

### Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

### VP Transform

Learn about being more active, healthy eating and emotional resilience. You'll get tools including a Fitbit® tracker, a scale and the Transform app, plus regular check-ins with a health coach for goal-setting and encouragement. Take a one-minute quiz at [transform.virginpulse.com/redirect/3376](https://transform.virginpulse.com/redirect/3376) to see if you qualify.

### Journeys®

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

### Whil Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.