

# 2021 – 2022 WELLNESS PROGRAM



## Getting Started

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. Starting 10/1/2021, complete the Health Assessment and other activities to earn 40,000 points by 5/13/2022 to earn the \$200 (taxable) Wellness Reward.

## Health Assessment

The MyPulse 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 assessment by going to Health > Health Check.

## 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.

## Nutrition Guide

Do you enjoy meat and potatoes, whatever's convenient or do you indulge in sweets? Whatever you fancy, there's more than one way to eat healthy. Access the Nutrition Guide to choose your eating profile, and we'll serve up plenty of tips and recipes to help you find healthy and delicious options.

## Sleep Guide

Sleep affects nearly every aspect of your health – from your mood to your ability to concentrate, and even your immune system. When you sleep better, you feel better. That's where your Sleep Guide can help. From here, you can track your sleep patterns and discover tips to help you improve.

## BUILD A BETTER YOU

The SPS wellbeing program helps you live better and achieve your health goals with a fun and engaging mobile experience that delivers powerful resources right to your fingertips.

### Who can Participate?

Beginning October 1, 2021, staff are invited to sign in to [join.virginpulse.com/spsk](https://join.virginpulse.com/spsk)

## HOW TO REGISTER

- New members: visit [join.virginpulse.com/spsk](https://join.virginpulse.com/spsk)
- 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



## PERSONALIZE YOUR EXPERIENCE

- Set your interest to get personalized wellbeing tips
- Choose your email preferences
- Connect an activity tracker
- Upload a profile picture and add friends

