



THE UNIVERSITY OF MINNESOTA

Wellbeing Program

Your updated program is waiting for you, with exciting new ways to earn points for prioritizing your health. **Check it out today.**

Program dates: September 1, 2021 – August 31, 2022

Highlights

- **A new program start date of September 1, 2021**, gives you an additional month to access programs and earn rewards!
- 5,000 points for employees on the medical plan (with or without children) to save \$500 on 2023 medical plan rates.
- 7,500 points for employees with covered spouses on the medical plan (with or without children) to save \$750 on the 2023 medical plan rates.
 - Covered Spouses: If spouses voluntarily participate, they must earn the full 2,500 points toward the 7,500 points.
 - New: Employees will now see a highlighted green check mark on their portal when their spouse completes 2,500 points toward the incentive.
- **New program design** with bonus levels and opportunities to win a random prize drawing of **\$100** Pulse Cash at the end of the program year!
- Find all University of Minnesota wellbeing programs under the **Programs** tab on the portal homepage. For a full list of all Virgin Pulse and UMN programs, go to the **Rewards** tab.
- Point maximums have been removed for almost all programs, so you can now get points every time you attend a Healthy Foods, Healthy Lives Cooking class, Group Health Coaching presentation, LSS or Fidelity Financial webinar, as well as going to the gym, riding your bike, etc.

Sign up to participate

If you are a new participant, you may sign up in the Virgin Pulse wellbeing program once your medical plan is effective by going to join.virginpulse.com/UMN. Please use your 7-digit U of M employee ID number, legal last name and preferred first name. After you register your account, you can sign in using single-sign-on at z.umn.edu/WellbeingPgrm.

Spouses covered on the medical plan (whether U of M employee or not): Sign up by going to join.virginpulse.com/UMN. When prompted, use the medical plan holder's 7-digit employee ID number and add "S" directly after the 7 digits (e.g., "XXXXXXS").

Virgin Pulse app

- Once you have registered, you can access your account through the mobile app by using the username and password you created when you activated your account.
- To quickly access the programs or manually track your movement, download the Virgin Pulse mobile app for iOS or Android.
- The Virgin Pulse app syncs with many devices and apps (Apple Health, Fitbit, Garmin, etc.) to make tracking activities and earning rewards easy.



Office of Human Resources
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Rewards

If you are an employee only on the medical plan (with or without children), you may earn 5,000 points **and save \$500 on your medical plan rates starting in January 2023.**

If you are an employee with a covered spouse on the medical plan, you and your spouse may earn a total of 7,500 points **and save \$750 on your medical plan rates starting in January 2023.** Employees may earn all 7,500 points by themselves. If the covered spouse voluntarily participates, they will need to earn the full 2,500 points toward the 7,500 total.

New Program Design: A highlighted green check mark will appear when covered spouses complete 2,500 points, new bonus point levels and opportunities to win a random prize drawing of **\$100** Pulse Cash at the end of the program year!

University of Minnesota Employee Wellbeing Programs		Earn points
New Programs	COVID-19 Vaccine Pledge: Complete the form to verify that you are currently vaccinated against COVID-19.	1,000 1x/program
	SKY Campus Happiness Retreat: Learn stress-management and resilience skills, breathwork practices, and strategies for community building. 3-day retreat (3 hours/day). Course fee: \$75	1,800 1x/program
	Financial Webinars: Attend a live webinar hosted by LSS Financial or Fidelity to receive personal financial education throughout the year.	200 per session
Earl E. Bakken Center for Spirituality and Healing (CSH): Free Monthly Wellbeing Webinars	CSH Monthly Wellbeing Webinars: Attend monthly wellbeing webinars on a variety of topics. Advance registration required.	200 per session
	CSH Mindful Mondays: Participate in guided meditation and light movement to leave you feeling physically, emotionally, intellectually, and spiritually rejuvenated.	50 48x/program
Continuing Programs	CSH Mindfulness at Work: A self-paced online course that teaches core mindfulness skills with specific applications for the workplace. Course suggested fee: \$75; Scholarship fee: \$50	1,200 1x/program
	Group Health Coaching Presentations: Attend online webinars addressing a variety of topics and offered 2-3 times per month.	200 per session
	Health Coaching: Attend virtual or face-to-face sessions with University of Minnesota health coaches. Check the portal for options at your campus location.	250 per session
	Medica Fit Choices: Sign up at your Medica-approved fitness facility—earn daily points and up to \$20 per month toward your gym membership dues.	25,365x/program
	Medication Therapy Management: Complete a face-to-face assessment of medication needs and use provided directly by an MTM pharmacist.	500 2x/program
	Specialty Drug Therapy Management: Speak with a nurse to assist you with managing your specialty drugs and medical condition.	250 per session
	Wellbeing My Way Pledges: Log a variety of your own activities that you participate in throughout the year to manage your wellbeing.	50 36x/program
	Advanced Care Directive Pledge: Complete or update your directive to make sure your wishes are honored for your future healthcare decisions.	150 1x/program
	Annual Flu Vaccine Pledge: Log into the portal that you've received your flu vaccine this year.	500, 1x/program
	Bike Program: Sign up for the ZAP program to track your bike commutes or manually log your rides.	20,365x/program
	Cooking Class: The Healthy Foods, Healthy Lives Institute offers virtual cooking classes to provide nutrition education, cooking tips, and new recipes to try. Course fee: \$10	250 per session
Virgin Pulse Programs	Explore the portal for additional, free resources and ways to earn rewards throughout the year! You can track your Healthy Habits, track your movement in Stats (manually or by syncing a device), find healthy recipes, engage in challenges with colleagues, and participate in phone health coaching. In addition, take advantage of Whil Mindfulness, Resilience and Yoga videos as well as the Ovia Fertility, Pregnancy and Parenting programs.	