The go ahead and share my screen here and Nicole just a quick check can you see my screen you might still be muted if you're talkin basically I can see it thank you so much I'll write school again welcome you guys thank you so much for joining week number two for of just jumping into the Virgin pulse platform and what that looks like with your experience as a city of Tacoma employee I might have to quit kind of housekeeping slides that I want to run through before we jump onto the platform today so overall your red brick account was closed on September 30th at 11:59 p.m. Pacific so if you have not done so you must register for the new site in order to continue your participation in the wellness program this is the join link if you would like to take a screenshot you're more than welcome to come right now before I change the next side but this is definitely been an email that you have received whether it be from Virgin pulse or things that Shannon has sent out so this is the link that you will have to click in order to join and then it can see over here on the right hand side it's going to bring you to your registration page so you'll just put your first name or last name and your employee ID and I did mention this on the last call but just a quick tour of fine tune change for the employee ID you no longer have to include the leading zeros in your employee ID when you type it in all right and then lastly here on these webinars are recorded So the last one was recorded today I'm already recording and I will be recording the next two so in case you were not able to join us today or anybody who's not able to conduct really come back and watch these and if you want to re-watch them you are more than welcome to I'm in those will be coming from Shannon once I have the recording and send it off these webinars are rewarded you can earn points for it you just have to submit a verification form for each presentation so if you are planning to me on all four of these that means you're submitting for verification forms throughout on what I'm going to show you today in present today you can definitely put some questions in the chat and we are going to save answering any of those questions until the end I will be presenting all of the information State Nicole might jump in a couple times here and there just to add some details so the two of us will be looking at the chat once I am through going through everything but please if you have any questions or you can throw them right into the chat and then the 20th and the 27th just showing you the times of those upcoming webinar is and I and also the topics that we will be covering and the next two weeks and then lastly just important know if you are a local 6 member you do have a different incentive requirement so you should refer to the reward section on your virgin pulse site for that information ready with that I was going to switch my screen share really quick all right Nicole can I get another check that you can see my login screen is it all right so if you have registered this is the what the login will look like anytime you come back to login to your portal so I'm going to go ahead and click sign in here all right so I since I last webinar I did not go in and do anything with the house check so since I didn't do that this does the first page that going to come up every single time that I log in because I haven't completed that house. I got so fat if this is your case definitely put that start the survey to either finish or start the health check it again that's the compass the health assessment of what we are but you probably used to from the red brick platform all right before you jump into the three different topics of today's webinar I'm just going to kind of show you through again like what you're going to do everyday coming in or ever which should take you no longer than about 90 seconds so the white card sitting in front of you while your daily cards you're going to get about two to three of those a day I did go over this in the first webinar you want more details on just what exactly these are different places to find them if you were to be somewhere else in the portal and you wanted to come back to them definitely go back and watch that first webinar however I'm going to just go through this quick so again if you haven't finished the help chapter the health assessment it's going to be the first card sitting here just to remind you but that's the first thing that you should complete coming into the pot farm couple other card might show up there more information all that are going to lead you to different places on the platform nutrition guy Journeys and then here is another earn example of a card so this is different this is a different card than what I got the last time we were on this webinar the last time that I like specially logged in to show you guys this so it's just read through this once you're done you Prescott it can I get a green check mark 3 and get 20 points or reading that card you're going to get another card true or false in again any true or false question is not about getting the answer right is his fault participating so protecting this is it protecting data card a common security risk is not knowing where sensitive data is stored and then we just press got it after you finish reading it you'll get another 20 points for reading that card and you are done with your cards for the day the next one down here is a healthy habits this is where you come to track those healthy habits that we have put in here that you personally have put into your platform so did you walk outside today I hope so if you had some nice weather did you start your day of the water yes did you take some time to relax your mind before bed maybe that was a no but again this does turn green it's all about tracking your Healthy Habits rather than saying yes to them every single time so it is as easy as that to do your do your cards added to your Healthy Habits each day alright so I'm going to start with Journeys for today so as you move your mouse across the top here underneath the health category the health tab our Journeys cut these are very very similar to what you're used to on the red brick platform you have lots of opportunities to engage in Journeys and what I want to point out cuz there's a couple very very distinct differences on the Virgin pulse platform is that each journey is put into a certain category but they also show how many days is going to take to complete the journey queso this one that I clicked on last time is about getting strong at home and that's going to take me 10 days to complete so I'm like the red brick platform where you can go in and just complete all the stuff kind of at your own Kayden K you have to take 10 days to complete this weather I start today and I finish it in 10 days from now or I start today and I finished in 2 months from now cuz maybe I don't come in here every day to continue this journey so I'm going to go ahead and click on this get strong at home during you can see that I completed one out of the 10 steps so you're going to get a green check mark in the titles of the next day they're going to continue to line up in this blank area on the left KY so you can see my second day is about trying some seated leg lifts to read through this check out some pieces of advice or tips and then I'm just going to click will do it's whatever reason you don't really like this stuff you can click show different stuff and it's going to switch Day 2 topic for you I think about doing push ups number to press will do you notice to get a green check mark over here but you can't read another one like it's not giving me another option to like click and have another one coming to play here so I actually have to wait and come back tomorrow or another day whenever you're going to come back to the platform to do the next stop so it's only going to let you do one thing at or one step at a time you can definitely engaged in his many Journeys as you'd like to there's a lot of them and all of these categories getting active eating healthy and sleeping well reducing stress managing my finances Health situation and pregnancy so you can kind of see how long each of these Journeys take think the longest one is 28 days the shortest one is 10 days how to say anywhere in between there's definite like in the tub situation categories needs you more there's more than just these for you can click view all to see all 13 in that category so you're very similar to the red brick experience it's just that you can only do one step each day and then you can change that stuff if you don't like it you can always ask for another one all right so that is what I wanted to show you a Journeys anytime you want to go back to your homepage you click on your Tacoma employee Wellness up in the in the corner here and it's going to bring it right back to the homepage the second topic for today is the program's page so I'mma go ahead and click on this first have here labeled programs all right so just want to point out that this is another spot where it's going to remind me that my house check is not yet completed the platform really wants you to complete it just for the sake of the personalized experience is going to help you tailor your Healthy Habits kind of recommendations that the platform is going to pull up for you in a lot of different categories so against know there's a place you can start now to finish it or start it if you have not yet but everything below here are the programs that are included in your benefits through sewage, so right now it's defaulted to be highlighted recommended for me which are these eight different programs and I can definitely scroll through these ones are highlighted due to the fact of the interest that I selected which is something I went over last week so what's on this specific page in terms of recommended for you might change because you might change your you might switch up your interest over the year which might pull in program and put out another one it doesn't mean that you don't have access to the full list cuz you can definitely click on all right here and you can see all 14 of them play so here's are you calling to like if you wanted to come and submit that go back to this one think so looking at it earlier over here in this class so like this webinar this is where you going to come and you can click on your link so you can press start now and it's going to lead you through that process another way you can search for things that you might be looking for some maybe it's your EAP program you can just type it right into the search bar and it's going to pull it out another way that I guess if you're looking for something in a specific category maybe you want to look for which ones have to do with eating healthy there's only 14 programs overall but the platform filters those programs into all of these different categories and health topics so it's not that there's extra down here it's just that they're filtered underneath all of these topics so done just a nice view here of what is available to you for your programs another way you can get to Journeys right here you can press start now it'll take it to the journeys page so pretty straightforward here is fine as far as finding what you're looking for in the search bar anything you want filter can you make a dog here alright last thing I want to show you today is how to connect a device so there are a couple places where you can actually find that in terms of connecting your Garmin or your Apple watch the first one here is to hover your mouse over your profile picture and write down here you have devices and apps can you go ahead and click on that one right here is going to kind of show you an overview of what some options are and what you can connect with Vivint of a device and you want to connect for the sake of maybe thinking your steps are tracking your sleep you can definitely do that if you see what you're looking for here so maybe you have a Garmin you can go ahead and click on the Garmin how you can definitely click on it right through here but there is actually if you click on the next tab over a nice long list specifics here smoothie have a specific type of garment do you want to find there's definitely a big longest. A lot of people are other members from their clients asking about MyFitnessPal and connecting to that so you can do that right in here to so they're all of your options as far as connecting so it is as easy as clicking on one of these and kind of following the prompts maybe have a Fitbit Flex click on this to press connect and from here is just a matter of logging in and following the prompts to connect your Fitbit once you do connected device you should see I go back here you should be able to see in your Rewards so again this is something I showed on the first webinar last week but it'll say listed here under October 13th next to all the things I've done today it'll also say that you connect to the device and give you the points for doing that all right one other place that you can find connecting a device I'm just in case you're kind of browsing and looking out just around the portal in general if you go to your profile which is something we're going to cover I think in week 4 of are webinars if you're to scroll down here it's going to give you a lots of quick link options of maybe adding friends and here is that other option of connecting device if you press that button is going to bring you right back to this page the game there's that long list alrighty love that is all I had as far as the topics are going to cover today so definitely shorter than then last week I know where last week was was a lot as far as just going to the car is going to the healthy habits and the rewards Pages as far as your reward than all the different things that you can do on the platforms so I'm before I turn over questions Nicole is there anything that you want or comments on I want to say a threesome with me ask that you want to connect with I would take a look at what we have available via our devices and apps linked through their profile tab I guess you could say that again and then what I would also do is check out the actual app so for example if you make sure that your permissions and apple Health allow you to sync with Virgin pulse and allow us to gather data from Apple Help sometimes it's not a direct link that you go out to actually go to the app first and then allowed already what would that is going to come back to the homepage here and I'm going to bring up the chat and Nicole feel free I know you've been looks like you've been kind of answering a couple things here I'm just going to start up at the top I need to track stops and if not purchased anything like a device of sorts or hasn't gotten one yet for participation is there another way to log steps yes so this is something that we went through last week if you go to tracking underneath your stats the first option here is to log steps you all I have to do is click this plus button and you can type in the number of steps that you took today if you wanted to like put in the number of steps you took yesterday or the day before you can click this back button and you can go up to 14 days back tracking steps good question where do I get my verification to verify my training us looks like Nicole answer this one will look into this further yep you can download your verification form on the program's page so again programs this first one here at end of Wellness class we can look into further things on this site if you if it was what we can find but Shannon can definitely answer questions in this category for sure I know she's on the car right now she's be jumping right in to answer and clarify can you talk about the simple things can you check and see if we have any Galaxy devices in the last because a lot of Iron Man you know that Frozen illegitimi have Galaxy Google say Google say and then connect Google Fit to Virgin pulse that's how a lot of apps work where you can connect to the app and then the Apple apps that you're able to do that with but something cycle next question see in says can you talk about the symbols at the bottom of the White cards so I'm assuming either like a are we talking about these ones back on. Should be out and then so I'm glad it's a little bit different then there's the like button that comes up and then there's another symbol to share content with run musical how many points do you need to reach your incentives 25,000 which seems like a lot but underneath your rewards tab if you click how to earn there's a list of daily monthly maybe one time activities in each category so if I were to scroll down and show you completing that help Tech survey is 2500 some kind of just see which ones are worth more points than others but it's all about coming in more frequently to the platform it's it's going to personalize it for you if you change your interest not for things so call me back time overtime helps you actually gain more points cuz it's going to actually reward you for like if you were to track your healthy habits are your daily cards 10 ton of them in a month you're going to get a hundred points 20 of them in a month you're going to get 200 points so it keeps track of those things for you Nicole I'm going to ask this one towards you working on multiple Journeys is it going to allow like if you completed a step for each of those Journeys in the same day is it going to Ward 20 points for each of those dots or just 20 points overall it'll be 20 points overall for one more day and then just to clarify it looks like Heaven Help Us answer that Galaxy devices use at Charles and Ice Palace link to Virgin pulse clarification on the forms you need one form for each of these webinars so that means four forms total if you came to last week's need one for last week today's you need one for today and then one for week 3 144 it's only four forms total one for each of the webinars you know what to say to to make sure that everything's thinking correctly I would go in second at least once a day or we know a couple times a week to make sure that your device was thinking is your device a chance to sync with the app and I would highly recommend downloading the app on your phone as well just pack your healthy habits and then repeat whatever you need to do in Lookout yeah I definitely agree about I personally have a Garmin so it's really easy for me to like have my Garmin app and my Virgin Pulse app right next to each other like going to my Garmin out and let everything sink and then it automatically goes right into my Virgin Pulse app it previously it was here that previously.