Okay so hello everyone a guy if you're just type it on welcome this is Peggy Rainier from Virgin pulse and before I jump to the platform today I am going to let Shannon chicks things off here just with are a couple slides for housekeeping items go ahead Shannon sounds good so just as this is just in case somebody hasn't been at a previous meeting we no longer have a red brick anymore they joined forces with Virgin pulse to create a better experience for us within the city of Tacoma so you do need to register for this new platform which you do so by going to join. Virginpulse.com city of Tacoma and you're going to learn a lot today from Peggy about how this program works and just a few couple housekeeping items on these webinars are being recorded and we are asking that you say questions until the end as you know this is the final of a four-part series where we going over a variety of topics within each presentation and I shared recordings with you earlier today as well you do need to submit verification forms whether or not you watch a live or recorded webinar are smart form experience should be beginning next week and I'm looking forward to communicating with you guys more about that but for today if you want to earn those 250 points that you will need to submit that verification form that is in the email that I sent out earlier and then I'll also put the link in the chat bar once our presentation gets going and with that I'm going to hand it over to Peggy to keep up our final presentation for today perfect all right I'm going to switch my screen share here bear with me irate Shannon and Nicole can you see my screen I can thank you awesome well again Welcome to our last and final week of just running through some things on the platform today is going to be more kind of just the nitty-gritty like extra things that we haven't touched yet that are more in the settings of the platform but I am going to just like I've done each time kind of run through what your daily I'm coming into the platform or when you do come into the pot farm what that looks like as far as going to your cards with your habits so sign in here all right so as usual this page will show up if you have not yet completed your health check your health assessment of the compass this is where it's going to prompt you to complete that if you maybe started it and didn't quite finished it yet or haven't taken it yet so again you can click Start the survey right here all right so just the homepage here and again these cards are for you to read through whenever you do come in and they will cycle out once you have completed them so the first one is just showing a gun another reminder that you have yet to complete the health check of course this is just a test user account but once you've completed the health check you won't see this card again for this program you I'm going clear to the next one and I know we kind of touched on this in the last week's call and some of these have an option down here to remind you later if you don't want to continuously see some of these cards they're basically informational cards for you to just know the different programs that are available for you on the platform so maybe this one if you do want to look into it you can definitely press this button let's do it but if you want to be reminded of this you can say next week next month or if you don't want to be reminded you can click never maybe you want to keep that one for next week this one's a wellness class mean interested in doing this one for the Sixth Element is born this could take you right to it so again I'm just going to click this to keep me on his homepage alright so here is a normal card that you'll be reading through so this isn't getting active card and all you have to do is read through these one to three sentences, I'm going to give you 20 points see this little notification up here in the right corner this one's at preventing accidents card ripped s got it and then I'm done reading through my card so that I once they've cycled through so I'm going to go over here and click on my healthy habits and I'm just going to run through and be clicking yes or no to these so was half of your dinner plate veggies yes did you do some strength exercise today maybe that was a no for today and again it's not always about tracking yes every single time is just about coming in here and tracking your habits and just getting used to keeping that going and making it a pattern right so that is what your daily coming into the pot farm or whenever you do come into the pot from what you should be doing first and foremost get to get your cards done track your healthy habits and then maybe you're going to a journey or maybe you're going to go create a challenge or add some friends or check a workout or something in that round so with that I'm going to bring us over to color burst settings over here which all you have to do is hover your mouse over your profile picture so up in the right-hand corner here and I'm going to start off today with your profile so you actually get points for filling out your profile so it's just a fun really easy way to add points to your total overall so there's a lots of buttons and things to click here I'm just going to start at the top and kind of work our way down through the profile so at the top here you can see this little edit button this is just going to edit this little blue box up here if you want to you don't have to but you can type in what your job title is what department or location again that's optional then you just press save and then this picture that you can see like the two hikers hanging in the background you can change that cover photo if you'd like to so you can go ahead and click on that and maybe I want to change it to I mean I'm in Minnesota and it's cold with some snow on the ground so may be able to switch it to that one the other cool thing is that you can upload a pictures if you don't want any of these ones you can upload your own like a picture of your family a picture of one of your pets or kids I think you can totally throw in your own picture it's fun to personalize and just have as your background so if I just quickly jump back to my homepage you can see how now that is my big background so that's where that picture ends up showing up the other picture that you can add as a profile picture and that's going to work the same way here you were just going to add a picture here again you don't have to add a profile picture but you do get points for adding a picture so it's kind of just make it fun if people are looking for for you as a friend so recognize your picture, but you put it in here so that kind of covers this top Banner I'm you kind of see how like I'm building my profile currently here so I signed up and once you did at a profile picture this is going to be a green check mark this next section down here is the About Me section there's five different questions right here so I'm going to go ahead and click this you don't have to fill all of these and if you don't want to my superpower I wish I could breathe underwater my favorite food is an apple I could totally continue to fill this out again until all of these out why I joined this program to type it in and then once you're done done and see how I didn't even fill in all five of those and I still got a green check mark right here feeling that About Me section out and I do want to just comment we did touch on his last time but no one else is going to be able to come in and like necessarily see specifics about your profile they may be able to see like hey she said her favorite food is an apple and she wants to be able to breathe underwater like those types of things but they're not going to be able till I come down here and see I'll show you further down the page like more of your like like to be put your email in here or your cell phone number in that sort of thing again stuff that you don't have to put in but if you choose to they will not be able to see that Citrus growing down the page a little further here than another place to add friends so we have gone through this on a past webinar guys just another way is going to bring you to page to add friends another way you can connect the device we talked about this and then down here saying visible to your eyes only so everything below this line will not be seen by anybody else but you so being able to create a well-being goal on this actually the whole page to excel so I'm going to go ahead and click on this kite in this kind of looks like you did the nutrition guide at the Sleep Tite look at it the whole page to itself and it's just a matter of kind of scrolling through reading the little circle things here and it's just going to kind of help you focus on like what kind of category you looking at your well-being in terms of a goal for yourself and what does that look like like this difference questions to kind of make you narrow down a specific goal and all you have to do in the section I know that looks like a lot of information in terms of reading through it all you got to do is out of goal like a year from today I think last year I typed in here like I want to be able to do 10 like chin-ups like that was my from today goal and that I just pressed save and then I got points on my platform for creating a well-being goal for some examples down here in the blue box of options that you can type in and again super easy way to get points on the platform by filling out your profile so can this whole page all you have to do is fill out that one box at the bottom everything else here just kind of help kind of helps you just narrow down and put you in a certain category but you might be thinking about for a well-being goal I'm just going back to my profile here I'm going to scroll down if you did already have friends they're going to show up here like you'll be able to see who your friends are you this button will still be here to add friends your well-being goal be sitting here again no one no one else will be able to see that about you next thing down here is the nicotine free agreement so all you have to do is view this reading through it here if you choose to agree to that selecting I agree and check it out I just got a hundred points for agreeing to this statement and then the account settings area here there is an edit button so you can come in here and edit add or delete any information that you want on here or not again this information is not visible to anybody else but you so this is just for your personal use depending what you want to have in here or not and then lastly at the bottom here is the email preferences so there are emails that will come from Virgin pulse to you just throughout the year and different things or like if we have it's like personal challenges are made or company challenges happen I'm just things I've see across-the-board hear that you're seeing that have emails affiliated with them if you don't want to receive those emails you can definitely turn them off so it's just as easy as finding it on or off some people don't mind getting emails but if you do minor don't necessarily want emails coming in you can turn all of them off you keep some of them on completely up to you and then lastly here if you needed any help with managing your data across the board is something that you wanted to delete or if anything does come up in this category that you're confused. You can always send a request in to our member services team so that's what this button will do for you so over all that is your profile page and really really easy points to get as you go down the line so again this would have turned green if I would have added a profile picture and then my work details that's the small blue box right here to make this one have a green check mark as well I'm right from there I'm going to go back to my homepage couple features we have not talked about yet, but you may have explored just in being in the platform are the two little tabs over here that are green they're always going to be on whatever Paige end up going to so you can always navigate to them really quickly this first one is the chat feature so super nice and easy if you had a quick question there are member services Orkin customer service waiting to help you via chat so it's as easy as typing a question in here whether you have just a question about connecting a device or maybe trying to navigate to part of the platform or this is just really really quick way for you to connect to be a chat Anderson alternative option to calling in if you would rather chat so that is how that one works and then this next tab down is the support tab so this is actually going to pull up an entirely different window so it's not going to re Navigate me from this one is going to pull another town has the support page for Virgin pulse to let's just say that you have a question around your leg connecting your Apple house or something with your device's this page is just a big information site for you to kind of like self-discovery so you can do anything from typing in apple health for example and just scrolling to see what the options are that pop up right away and maybe you do see one of these that is kind of fitting the category of what your question is but if you don't like you're still looking for committee looks there's additional information out there around Apple house or maybe you were really interested in connecting MyFitnessPal but you're not sure how to do that like you can come in these are all hyperlinks I'm going to click on this one how to connect MyFitnessPal to Virgin pulse the really cool thing here is it gives you most of them like a step-by-step on how to do that with screenshots just very well drawn out steps to complete that at the bottom hear something that's really helpful is like they they lay out kind of related articles to what you're currently reading about so maybe you're like oh that is a good question like I do want to check out like one of these other questions and then once you like it'll all blow us out of here recently viewed ones so like this when I had pulled up my Apple watch steps are not syncing to my Virgin pulse account very typical asked question for people that might be having issues with that this one is just a bunch of tips or ideas of different wanted not necessarily a different way to go about it but just to make sure like this is this is happening in this is happening already that you sync to the the two applications in just the connection to make all of this run smoothly for you are in place so it's definitely just kind of like a extra Bank of documents and articles for you just to help in any category that you might be looking for that you have questions about and again you can search in here or you can go by category so this is a separate window so in order to go back to my homepagers like my actual site I got to have to click the other tab I'm right last and final thing I want to show you today I'll bring my mouse again over the profile picture I'm going to come down to here where it says store queso virgin pulse actually has a store on our site that is available to you guys to go in and purchase if you like to any product and its I mean if anything from fitbit's two apple watches to headphones two different mean a lots of stuff in the I mean obviously in the health and well-being fitness category jackets like yoga mats both leave all those water bottles so this is there for you to just hop in and browse and so I can purchase at your own convenience if you're interested great Shannon or Nicole anything else that you wanted to add to today's topics or anything that I might have missed I don't have anything buggy about you Shannon I don't we did get a question about the health check in whether or not if you took it in red brick if it transfers over and the answer to that is no with when it comes to the healthy and what's called now the hell check with inversion pools it's something that we've had to complete every year on during the program near Wichita October 1st of September 30th of the following year never the last so even if you had completed it prior to October 1st I'm in red break even still had to have completed they get in Redbird I'm so this is going to be the same story so you just need to complete it once a year and you'll get those points for that I hope that helps the health check screen is still showing every time you logged in even though you completed the help truck that is a good question it shouldn't be there that's what we have the way of Us survey interrupt that's scheduled so it does pop up every time I haven't heard back yet if it's basically how it's configured versus if you hit the X to logout of that and not see it again or if you hit the start now button I can't remember if that's the exact one that's on there but it's got that something that that we be configured to pop up but it should go away after you're done completing your health check so look into that a little bit further question in the chat to me just I think it's a good question just to reiterate to everybody about how many points you need to get to receive your credit so I'm just going to have her my mouse over this rewards are up here and as you go you can kind of see the different levels here's an order Day 2 level 1 I need to reach 5000 points and then level 2 is 12000 and then noticed level 3 is 25,000 and to the right of it it says monthly premium credit for 2022 so you need to reach this level 3 in order to get that premium credits you can definitely go beyond to thirty-five thousand points guy so that sounds like a lot of points to accumulate but the idea of this platform is more to make it like a habit to come in here and keep reading the card that you're going to get and keep tracking your habit would you get 10 and 20 points for each quarter each habit that you track every day and then participating in challenges like doing Journeys on completing to Healthtrax completing like your annual physical those ones are some things are bigger points and larger amount of points are also gains for doing like reading your cards 10 days in an early 10 days in a month are doing things for 20 days and it was just about consistency in coming back to the platform multiple times throughout each month are tracking records emerge from Red Brick from October one day are not so gone this is just a completely new platform lots of things are very similar just to keep in terms of like the health assessment has not called the health check we still have Journeys I'm just more enhanced and more and more options to complete things also I wanted to add note to strum a question from last week or emails that might have been since last week to some questions around double points depending on so on this platform we have the ability for everybody to be connecting a device and when you connect a device and are tracking your steps for instance like those are validated stops and there's no way on the platform that you can edit those stops but there is the ability to manually add steps so unfortunately like if you were to have a device and it sink to the popcorn like you could also manually add steps like and that's technically going to double count it so in general like we recommend like if you have a device to be going off of those validated stops and not be manually adding stops in Nicole any thoughts on Betsy's question on the tracking register she received her information was I would check with Shannon just because you want to make sure that you have your full name and then you enter in your own play ideation and I believe it's without zeros cracked but you can picture and then if you need help write a string to you can always reach out to members support but Shannon I'm sure we can help us see I'm register and make sure that she is entering everything incorrectly yeah for sure and also I'm a little I think confused by some of the questions here about one you shouldn't have have access to Red Brick at effective September 30th at 11:59 p.m. so anything you've done effective October first would have need to have been done in the Virgin pulse platform so nothing would have transferred over until you register to the system and when it comes to the tracking and things like that virgin pulse backtracks 14 days so you could have gone in and enter that information for the last 14 days if you didn't register it till now but nothing that you did prior to October 1st with count for this year's incentive because our incentive year runs from October 1st to September 30th of each year and red brick was not available for to us any more effective September 30th at 11:59 p.m. so virgin pulse was our platform everybody was Hinton emailed encouraging them to register for Virgin pulse after 7:30 a.m. our time on October 1st and then from there that has been the platform that you should have been tracking and take your help check-in etcetera it looks like we have a question about how do we remove a habit to add a new habit I can show you all right so I'm going to go underneath the tracking hear my go-to stats we're sorry healthy habits and then under here so these are all the healthy habits that I currently have listed let's just say you don't want to track this habit anymore you just press the delete button here it's going to ask you if you want to move it or keep it and then it will go away last week we talked about challenges and if for whatever reason you cannot delete one like I'm trying to cook on this but the trash bin isn't working it's actually because this is one of the healthy habits that I created a challenge out of so it's not going to be able to be deleted until that challenge is over so that's why some of them might be faded out and then to add a challenge and you can press the recommended for you and again these habits are sitting here based off of what your interests are so the interest that you selected all of these fit into whatever category of those interests you just have to press add habits or you can browse all of them any category over here like maybe we're looking at one about building relationships and you just have to turn it on and then it will be added if I go back to my habits there's my one I just added about giving a virtual hug if you're trying to remove habits on the mobile app you would just hold on on the app and swipe to your right and then you can delete that way and then adding a new habit in go to discover more that would be at the bottom of your your habit list you click that and then you can search for additional habits there is a question about the animal physical form to we are still requiring the doctor's signature on these forms when you send them in there some exceptions and it comes to CDL Drivers as they need to get physicals every year and they have a form that tells the doctor's name at front and they're welcome to submit those but again this is the very beginning number program near and those forms are fillable they can be scanned to as they can be emailed faxed a lot of different ways and even when we plan to move to a Smart forms next week when it comes to like webinars you're not going to be submitting verification forms you can just be filling out information same is true for the certified weight management program but with the annual physical we are still asking you to upload those verification forms because those signatures of the doctors are important a lot of points and therefore we just want to make sure that everything is is accurate as we enter it there's a question about you needing to be a lot more interaction on Virgin pulse compared to Red Brick and it's all about that just want to talk a little bit about this platform so this platform is definitely I would say much more of an enhancement compared to Red Brick and that you can really choose your interest in the program is really personalized for you on the platform you'll notice if you've been attending the various sessions that as Peggy has gone through different interactions on the platform she gets points for almost everything that she does so their points are going to be worth a lot more than they were on red brick for some things and then for other things will be less points because their activities that you can participate in every single day we we really want to encourage you to form some type of routine and in that routine you're actually you know that like that the habits that Peggy was just showing you we won't to build those habits into your routine so that eventually those tiny habits become long-term goals that you're actually achieving you know when a series of months or throughout the entire program here but we start with those small habits and what that means is that you're coming to the platform on a daily or weekly basis and your reading for your cards to get tips regarding while you're interested in or you're selecting different healthy habits like getting outside and take a break or you're putting your phone down at night before you go to bed different things like that so that you can help achieve your long-term goals and she and I don't know if you wanted to expand on this a little bit more about the structure of the program sorry I was responding to some questions in the intro chat so I kind of miss the little bit about how there's a lot more breaks and you know how it's not actually harder it's just more interaction exactly and I mean program and I'm very excited about that I don't know if you guys even remember the baby stuff that red brick had once we launched that there wasn't very much that you had to do to earn the incentive and a lot of people would just go in the last month and try to get there at their credit where this is designed to really keep you engaged to give you the chips that you need everyday I enjoyed the cards I like seeing those little little tits that tell me you okay that's good to think about what I would do and then you get points for looking at them and then I have a device scenes and I have some healthy habits and I'm trying to track me personally I'm trying to work on sleep so I started my sleep side which gave me quite a few points and then have been tracking those habit shoes so it's a lot more I think it's worth going to be used over and over again but engaging in the sense that it really does try to keep you on top of your healthy habits and to interact with one another to hold yourself accountable for for some of these things because it's been it's been here to say the least and I think that as having each other and us having this new more of us platform is going to be really good for us to eat to stay healthy and well in all sorts of different way and I just hope you guys will take it the time to explore it and enjoy it again it's not meant to be more difficult it's meant to be more engaging for you that's something Shannon Justin Bikeway ramble sorry no that was great hopefully that helps explain a little bit more about the background I just want to point out the last couple of just comments in the chat here it definitely in my opinion I agree Nancy Tammy and Pam I agree called you like to it's just more fun to as far as like Shannon was seen interacting with your co-workers being a little bit competitive holding each other accountable and like in the long run like having fun working towards whatever your goals are and these are meant to be so this platform is meant to be a way to engage quickly and you know one way to do that is to download the mobile app and have that available on your phone you can also use the desktop as well but it's just a little bit nicer to have the phone in the palm of your hand cuz then you can go right on the app you can check your cards for the day you can make sure you're thinking you can take a look at the healthy habit there is literally takes seconds to do those things tracking as well I mean it's just a nice way to continue to reach your goals and have some place that you can track it and monitor it and you can look back at the stats and Co by text you no like yes on 5 out of the 7 days last week I'm going to try to go for 7:07 or whatever your goals are there so many different ways that you're able to engage in to earn your points exactly and I think that's another thing that we all need to take into consideration because I've had a check no on somebody to help you have I said I'm trying to do but it doesn't not give me points for talking no it's just merely me tracking myself and understanding that I didn't have a good night sleep last night therefore I need to do something better to to focus on that and so it's just it's really keeping us well informed about our decisions and it's for your eyes only and I like that you can really personalized this for yourself where red brick was kind of designs yes you could do track you could do Journeys I make you the receipts from a healthy activities but now you can really personalized out how this site helps you on TV a better you or to continue doing what you're already doing and it answers a lot of the other questions or concerns that we've had in surveys people wanted to have more tracking devices they wanted more flexibility within the system and that's offers all of that to us and so I think that with any new program there's going to be a learning curve but I think that everybody will grow to enjoy it I know that I've enjoyed it so far and I'm really happy to have it so just keep your feedback coming your questions coming and we'll get through this together but please don't let the points overwhelm you because you're going to get there quicker than you than you expect I do want to comment on Becca's coming in the chat just for those who don't necessarily aren't as social as others or might not choose to want to do that in terms of challenging others and being being a part of those things where your steps might be visible to other people or that sort of thing like you don't have to do that you don't have to add people to as your friends on the platform like in terms of like we're saying this platform is personalized like you can choose what you want to do when you create a challenge it can be a personal Challenge and no one else knows you're doing it and that's like what is really great about this platform and you can definitely still make it to that level to get your premium reduction without making it a social experience all at the same time thanks. I seen that Peggy I would also say for those people who aren't necessarily active or if you have an injury of course we want you to be more active but if you are nursing an injury or something prevents you from being super-active there are so many different other ways to participate and engage then just activity you can track your nutrition and you can look at ways to better your finances if you are you can you can track your sleep like what Shannon is doing you can link up other apps that sync with Virgin pulse and track that way and see calories is one that you can do you can track other stats on your devices in the stat section they are trying to work on in terms of your Biometrics or you can well there's so many different ways so like in terms of healthy habit if you were try if your person who travels or commutes to work you could make sure that you're commuting in a way that's sustainable and you could choose the healthy Habit to focus on that encompasses that or you could focus on healthy habits that appeal to you don't let's say that you wanted to be more mindful they can or you wanted to make sure to relax there are so many different ways other than just activity so definitely explore the platform and discover those for yourself don't just take our word for it but dig into it and take a look at the platform yourself to there's a question I just came in what does virgin pulse do with the information we input so that information stays in the platform we might use it for aggregate information to share with Shannon and say over all this is how your entire employee population is doing this is what employees like this is where they need additional support for example if it was like sleep or activity and we would share that with never share any anyone's personal information or any member level data I'll stay with with Shannon because we just we don't need to do that or it doesn't go out to the city or anything it stays directly with her with us but a group get information is shared on the from the platform and then who at virgin pulse has access to the information so this would be packing and I anyone in a position who would have to see your data we don't do any custom reporting the city of Tacoma so nobody on our data and Reporting team even sees this data it's just Peggy and I are director who supports us directly and support Shannon but that would be it unless we were to bring up your data to leadership which we went to very often and every so Peggy and I we all are covered under our covered under our privacy policies with Virgin pulse we've signed confidentiality agreements to keep your data confidential so yes that that stays with great questions and if you would like to learn more about those privacy policies and HIPAA and how he maintained that we can definitely give you more information but it's also at the bottom of this page here how your data gets used you can take a look at our privacy notice our Agreements are Phi notice if you're interested in learning more about that and those are things you are encouraged to read through when you go through the registration process as well and then we do do we do do trainings as well on an annual basis to make sure that were taking care of the data and the way that we should be and it's all classical for using the data for purposes that are for work only and that when we do if we're if we sent data back and forth its through secure pathways any other questions Nicole I'm getting one in the chat and I think there's a good one to bring to the table for like your computer to remember your username and password is there a specific way that that should be happening like to not have to type it in every time when you come into the pot warm so what I do is I use my browser because we don't store that information I use my browser so at my browsers Google Chrome and I have that information stored within my browser so when it asks if you when your browser asks if you want to see the password you can save it that way same as on your phone when your phone asks if you want to use face ID or if you want to save your password you can save it in your phone but virgin pulse doesn't store that information and then as far as getting credit for today's session that's the verification form to fill out and send over to Shannon yep and she just put it in the pink salmon any other questions to answer Abacus question I just want to make it clear that you guys can watch 12 webinar throughout the course of the year how you choose to wash those are get your points is up to you so anytime between October 1st 2020 and September 30th of 2021 you can watch the webinar for 250 Points each which equates to the maximum of three thousand points so if you want to submit verification forms for each of these webinars you are more than welcome to we have it set up that it's on the program here bass it so it's it's up to you I've said this before in other presentations that were going to continue using the Living Well Alliance 2 offer those 30-minute monthly webinars are on a variety of different Health topics that icma-rc webinars count when I get the retirement seminars going in those count so anything that's advertised from the wellness program or stuff I can count and all you need to do is submit those verification form but again we're going to change this process moving forward so that they're smart forms where you just go in and input the information so we're not having to deal with all these emails and manually entering and information I will be sending a communication to fully explain that change to everybody but fridge day those verification forms are still needed so please turn those and yes it's Unique time signing the form electronically just type in your name and works for us your actual signature is not needed for me to accept your forms when it comes to the webinars or certified weight management program but again with the annual physical we do need the doctor's signature any last questions from anybody I just want to thank you Peggy and Nicole for your time and putting together these seminars for employees I hope they found value in them I like how we broke it up into different objects to each week to make it not so overwhelming and I I hope that everybody has learned a little bit more each week to along with these but thank you again Peggy and Nicole for taking the time to do these four or staph happy to do it I'm rates will any additional questions past these webinars definitely send over to Shannon and she can get them over to us if she can't answer them herself otherwise I got these are recorded so I'll be sending out to Shannon either today or tomorrow to have it your way so thank you guys again so much for joining and I just like wish you the fun explore the platform and just like go for it and it's a lot thank you Shannon thank you Peggy thank you everybody agree just have fun prevents have a great day or days I take care bye