



# WELLNESS PROGRAM

## BUILD A BETTER YOU

The Tacoma Employee Wellness 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?

Employees are invited to sign in to [join.virginpulse.com/cityoftacoma](https://join.virginpulse.com/cityoftacoma) starting October 1. Anyone up for a personal challenge? Once you're signed in, be sure to invite your coworkers to join the fun!

## HOW TO REGISTER

- New members: visit [join.virginpulse.com/cityoftacoma](https://join.virginpulse.com/cityoftacoma)
- 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 interests to get personalized wellbeing tips
- Choose your email preferences
- Connect an activity tracker
- Upload a profile picture and add friends

## GETTING STARTED

You're registered and signed in—now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

### Health Check

The Health Check 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 Health Check by visiting [Programs](#).

### 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—or 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 our Sleep Guide can help. From here, you can track your sleep patterns and discover tips to help you improve.



## EARNING INCENTIVES

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.

	Ways to Earn	Points
Daily	Take 8,000 steps in a day	80
	Do your Daily Cards	30
	Track your Healthy Habits	10
Monthly	Win the promoted Healthy Habit Challenge	200
	Take 7,000 steps (20 days during the month)	400
	Attend a City of Tacoma webinar or onsite seminar	250
Quarterly	Join the Company challenge	100
	Complete a certified weight management program	500
	Choose your sleep profile	250
Yearly	Set a wellbeing goal	200
	Complete your annual physical	2,500
	Complete your Health Check	2,500

## ADDITIONAL ACTIVITIES

Prioritize and personalize your experience by engaging in resources to help improve your wellbeing:

**Daily Cards:** Get helpful tips that are relevant to your current interests and goals.

**Journeys®:** Make simple changes to improve your health, one step at a time.

**Challenges:** Team up or go head to head to challenge your coworkers and track healthy habits.

**Social Groups:** Discuss your favorite hobbies and find a like-minded community to support your healthy changes.

**Healthy Habits:** Select healthy habits to work toward, and track your progress every day.

## FREQUENTLY ASKED QUESTIONS

### Is my health information confidential?

The Virgin Pulse wellbeing program is confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with Virgin Pulse will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

### Whom can I contact with questions?

- Visit [support.virginpulse.com](https://support.virginpulse.com)
- Email us at [support@virginpulse.com](mailto:support@virginpulse.com)
- Give us a call at 877-278-5241 (Monday-Friday, 8 am-9 pm ET)
- Join us on live chat on [member.virginpulse.com](https://member.virginpulse.com) (Monday-Friday, 2 am-9 pm ET)

