Great so here we go oh I just wanted to start things off here and say welcome I'm just to your first week here of training that we're going to provide you to give Tacoma virgin pulse platform your new well-being platform and just what that looks like and I'm really going to take it over this this month of October just in time to really break down what certain pieces look like so everything isn't overwhelming all at once so I'm going to show you a number of topics today walking through just kind of the basic day today if you're coming into the platform throat in your day what that looks like so you will be seeing a lot of other pieces on the platform and you might have questions as we go through about other things that may come up on but also know that the other weeks with those trainings will most likely answer those questions for you so if you do have anything that I go through today with you you can either throw them in the chat otherwise I we are planning to have a little bit of time at the end of this or question and answer but that's how that will go and then this is being recorded So if you ever want to come back and reference it another time you can definitely do that Brady so can I just want to say welcome thanks for coming today and I'm going to go ahead and start off with what registration looks like so some of you may have registered already in the platform but others may not have done so yet so for starters you should have received an enrollment email and it's super easy there's a link that you can click right in that email it's going to bring you to the landing page and then I sign up form so it's just showing visually what that looks like in and when you get to that sign up form I'm just going to kind of go and step by step filling in the field is going to ask you for your first name last name that employee ID and I do want to point out here that different from the red brick or you won't there is not a requirement to have the leading zeros anymore for your employee ID so you can go ahead and type it right in without those leading zeros right bear with me here I'm going to switch my screen now over to the platform all right so for today's purposes I'm going to use henna tattoos or just to show you the platform itself but when you come in here your login is going to look like this so you will be putting in your email and your password to log right into the platform the first thing that's going to show up for you if you have not yet completed it or if it's your first time login into the platform is going to be your health check this is the same exact thing as the health assessment from the red brick platform it just called the house check on the Virgin pulse platform so again this is insight to your health status and helpful tips for positive changes in general we recommend that this is the first thing that you do when you come into the pot form if you decide to start the survey right away you can click this button here and if you have the time to go through and take it all at once awesome if for whatever reason you can't finish all of it at the same time you can always come back to this later if you don't finish it the platform is actually going to put this in multiple places to remind you that you haven't completed your health check yet so you'll be able to click right back in and pick up where you left off so before I click I'm going to click the X here I just wanted to say I know in on the red brick platform you guys were used to that Health assessments being worth 400 points on the Virgin pulse platform the health check is worth 2500 points I know that seems like a huge difference but I'm going to show you today how the system works in building towards getting that premium deduction for 2022 so the point system is super helpful once we get to that point so here is what's your homepage looks like so I'm going to start here with what these white looking kind of note cards look Frontier page so each day you're actually going to get a 223 cards on and I'm going to walk through these what they are how they can how you can kind of personalized them to what you want to see so questions I've gotten in the past and I know it's kind of sad that's already like coming into the platform everyday on the red brick platform you might have not been to most of you probably had were not coming in every single day to the red brick platform but the Virgin pulse platform is really geared toward the building and those healthy habits so it's kind of like doing a little bit each day I'm personally when I come into my Virgin pulse platform everyday and it's just become a habit of mine now to go in every day it takes about 90 seconds of my time to read my cards and a track my healthy habits I'm so I'm going to show you that process what that looks like today so I wanted to draw your attention to these circles down the left hand side here the first one here is your cards that will already be sitting here but for whatever reason if it's not cuz sometimes your screen look like this you'll go ahead and click on that little circle for your cards and like I said your usual going to have two to three of these each day however right now there's seven a little notification here and that's just because this is one of the first time like the first time in your platform just going to give you some tips and tricks and knowing what's out there two different light blinking in two different places in the platform if you would like to go there kind of scrolling through here in this this is just a test user again but I haven't completed the health check if this were my platform so this card is going to show up and it will continue to show up until you have completed that health checks I was just going to stay at the concert reminder of a card until you do complete your health check all right so this card is is what your typical cards will look like I want to dry your tent into a couple things first of all there is a there's always going to be a colorful text right here that's going to tell you what kind of Health topic or interest I guess is what I'm going to say cuz imma show you how to set your interest in a little bit but it's going to revolve around a certain topic so this is an example of an eating healthy card and there are multiple cars like a lot of cards in each category so you're actually never going to see the same card twice cuz it once you read it and either answer true or false there some of them are just like Reddit through and you click got it middle cycle out and you'll get new ones the next day and the next day so this one says soluble fiber does more for your body than just maintain a healthy digestive system now this is cool for the safe that it's a true-or-false question but you don't have to answer it correctly you're going to get points regardless of knowing if it's a true or false statement so I'm just going to click true and I was cracked it's going to give me why I like the reasons why it's true I just did find a couple details to read through and once I click this got it button which is going to complete my action of reading through this card up here this card shows me that this is worth 20 points just from reading through this card so when I click got it a little notification up here in the right hand corner tells me that I earned 20 points and it's added to my overall points that I'm going to be earning so this card is a getting active card so then again this is just something for me to read through there always just different ideas advice things to think about and unlike the last one this one is not a true or false so it's just something for me to read through based off of what I'm interested in and I just clicked got it and get another 20 points and then usually you'll be done reading through your cards once you've gone through those but since this is the first time you being in the pot form there's going to be a couple extra ones so this one is highlighting the fact that there's an EAP program and if I'm interested in viewing it I could click this button is going to take me right to that program but if I don't want to go there right now I could say that now and it'll cycle out this is another car that's going to show up and it might randomly popup on your car is to remind you that hay actually on the platform something that is available for you to do is to give a shout out to another employee so you want to just mean terms of showing appreciation for what they're doing or maybe they're just job and you want to like give him a shout out on the platform this platform is a very it's very social in terms of you'll be able to add friends and compete with challenges and just make it more so away to compete. I'll just have fun tracking and living a healthy lifestyle with your coworker so give me a shout out to a friend or co-worker is a fun option for you to do Leslie this one here and again this will cycle out once you've completed doing it I will be showing this I think it's on week 3 or 4 with you can actually I personalize your profile and get points for it so this one and you can see it's a hundred points all you got to do is out of picture for your profile picture so you can see up here in the corner this is where that profile picture will sit so you just got to find a fun picture throw it in there and a hundred points is going to be added to your total so far for the day alright so I know I still have there still a notification of 4 over here and that's because if I scroll all the way back here just a couple general ones that I haven't read yet I haven't finished my health check yet so that hasn't turned green with like a green check mark see all this one has a green check mark I read it it's done same with this one maybe I do want to give a shout out to somebody I want to do that then great but if not that's just fine and then if I add a photo this card will go away if you go through all your cards for the day and you're done with that health check this white circle will actually turn into a green check mark itself all right so I do when I said that there's only about two to three cards each day there is so I kind of mention how people come in here I would say most people come in here on a daily basis and again it only takes like 90 seconds to complete this in addition to tracking your Healthy Habits you get 20 points for each card that you read and then in addition to that there are like if you would have come in here every single day there's actually not going to show you this late or what your rewards look like if you were to read 10 cards in a month you get a hundred points for doing that if you read 20 cards in a month you get 200 points for doing that so just kind of a breakdown of what that looks like so if you come in here let's just say I don't know since there's two three cards a day like if you come in here a day 3 or 4 whenever that may be and you reach that 10th card you're not only going to get the 20 points for this card and the 20 points to this tired but you're going to get an additional a hundred points for reaching your temps card that you've read so it's really kind of centered around like coming here every single day as or as often as you can throughout the week that you can possibly get more points down lines of build up your point total ready so the next Circle down here are your healthy habits so these are in addition to the cards the other thing that personally I come in and do that's that takes up that 90-second window of your time these are honestly just yes or no questions and you can actually decide which habits you would like to track on you can always delete some and you can totally personalize your experience with us on the platform so just to show you how this works this healthy habits as did you walk outside today if you did I'm going to click yes notice how it turns green I'm here maybe did you take time to relax your mind before bed maybe that's a yes and sometimes you'll get little trophies as what are what they call they just little pop-ups that kind of say hey you just turn this mother points are good for you for doing Habits are reading this many cards will get little pop up like that but maybe I didn't start my day with a glass of water notice that this circle still turned green so the idea of coming in here in checking your Healthy Habits is not centered around like I want to be able to track yes every single day if I want to come in here and be tracking these habits every day whether I did them or not for the sake of just getting in that habit of thinking like oh I didn't I didn't drink a glass of water I didn't start my day with a glass of water today but maybe I could do it again tomorrow but you did come in here and track regardless so I wanted as I clicked owes yes and knows maybe you noticed that again in the corner here popped up every time you track a help you have it you get 10 points in similar to the cards if you were to come in and track 10 days in a month your Healthy Habits you're going to get two hundred additional points if you were to check 20 days in the month your Healthy Habits you'll get 300 additional points to get it all kind of Senator on this idea of practicing and building daily habits coming into the platform work frequently it's not required that you come in here each day but it'll really help you work again and just kind of whatever you're working on whatever you choose to be focused on it is just it becomes easier the more you make it a habit of being focused on these things I'm right next I'm going to show you what it looks like to set your interest so if you hover your mouse over your profile picture the section II option right here is topics of Interest and as you can see right now I have turned on getting active eating healthy and reducing stress so and I'm going to show you the rest of the list in just a second but since those are turned on that's the kind of cards I'm going to get and that's also the types of healthy habits that are I'm going to be recommended or that will be recommended for me cuz you noticed the first card that I read today was had a picture of carrots and beans and it was talking about sorry eating healthy and then the second one revolves around getting active but maybe tomorrow my cards are going to be an eating healthy card and Carter on reducing stress so they're going to alter Nate and circulate through each day I'm just different combinations of those interest areas so I'm going to scroll here and I just generally see all of your options of interest that you could turn on or off let's just so let's just say I instead of reducing stress I want to focus on learning new things you can stay like I just changed my interest I got a hundred points for doing that now you can't you're not going to be able to come in here every day and change your interest and get points for that everyday this is actually in again I'll show you that rewards try it later but changing your interest is a quarterly reward so it makes sense to be like a parent focus on these three things were these three topics and have cards and habits be cycling through what things that I'm reading and tracking for three months of time and then maybe I keep getting active on my list but I take off eating healthy and learning new things and I rather want to be focusing on stay safe and managing my finances so then my cards are going to change there still going to be some getting octave one but I'm no longer going to see eating healthy cards or being productive or side learning new things cards I'm going to say things about being safe and manage my finances so I'm going to click back in there for just a second you can obviously turn on as many of these as you would like to however if you think about it if you had if you had a few selected all of these it would probably take quite some time to see a card about eating healthy just because you have all of them selected so we recommend anywhere from 3 to 6 you can always get really focused and maybe just do two or you could get go up to six and kind of have a variety you don't have to come in here and see what your interest if you choose not to the default settings are getting active and eating healthy so if you don't come in here and switch your interest those are the kinds of cards that you will be seen But in general we recommend that people do come in here and switch them up on a quarterly basis just to work on different things that you're interested in it's really cool to see that different facts and advice and things that pop up on cards that you may not have thought of before or just fun different ways to think about things to work on healthy habits great I'm going to cold out of this already last thing I wanted to show you today so we went through our cards we went through our healthy habits on a later date I'm going to show you how to like what connecting a device looks like and how that will like update your steps and maybe your hours that you're sleeping so these ones notice if I have are my mouse over they don't have a yes or no option unlike the ones above like this one does but these ones all connect to something else that is going to track that for me so hours slept and steps if you have a device that you will connect to be to log data onto the platform these will automatically load once you synced your device but there's also an option to manually put in your sleep or your steps so those will go in here as well in general when you get really used to this but anytime you're somewhere in the platform and you want to get back to the homepage you're going to click on your Tacoma employee Wellness icon right up here in the left-hand corner speaking a second load here alright so this Max Circle down here so I'm going through the cards to healthy habits the sex one down says ways to earn so as you can see what I've completed today are my daily cards and checking my healthy habits Delmas left hand side when kind of scroll this is just a handful of ways that you can earn points on the platform there's a there's a bigger list I'm going to show it to you in just a bit here but just cut a highlighting some things to get your brain thinking about what I can how I can earn points in there are frequencies for all of these and point values for all these as you can see this person says take 7,000 steps in a day so maybe you went for a run or jog or a longer walk and those steps you either manually added to the platform or your device synced with the platform you're going to get 70 points for one walking those 7000 steps and that's a daily thing that you can do so that you can earn that any day of the week as you can see hear things that are on a daily basis how many points they are this one here invite a colleague to joins like I mentioned this platform is very very his it's a social environment so you can invite others to join the pot from as well but this one is an annual one so that men can only be earned once another one of these training them to show you how to set a well-being goal that's also a one-time of the program that's 200 points to kind of see the ones that are either daily or weekly that might be a little bit less of a point value but then the ones that are quarterly or one time or kind of the ones that I mentioned with cards and healthy habits could you do them for 10 days in a month or do them for 20 days in a month those are bigger Point values here's that he'll check survey the 2500 points putting your physical another 2500 points webinars so, this is just a handful if we want to see all the ways to earn here's one way to go about it this link right down here in the corner so this list is very it's lengthy and kind of overwhelming but I'm going to kind of help break it down so it makes sense to you this first section here is just based off of your Tippy so this is just steps and maybe active minutes that you are tracking throughout your day so as you can see the steak 7000 steps in a day was one that was on that shorter list but you can also get points for taking a thousand steps or 2,000 or 3,000 so depending on me like maybe you didn't get her a long I walk in for the day or go for a run today but you still made it to 2,000 steps throughout your whole day you're going to get 20 points for that and then similar to the cards and habits want to point out these two that's one of the one below it it just saying hey and if you tracked 7000 steps or 15 active minutes or 15 more minutes for 20 days in a month you can get 400 points and then same thing if you did 10,000 steps or 30 active minutes or 30 workout minutes 20 days in a month you can get 500 points so you kind of see the frequency is sitting here to the left activities that are in the middle and then the point value on the right so all of these are at the top here these are all daily things that you can earn these two are monthly and then this one when you connect to device it's 200 points but you can have the only do that one time so that's just activity me scroll down here you can see the cards we talked about these going through them daily card you can get 20 points each time complete 10 daily cards in a month for a hundred points complete 20 daily cards in a month for 200 points during another training I'm going to talk through challenges but again this is coming to spend General list of points and frequencies for options to earn regarding challenges some custom-built ones on specific to City of Tacoma Point values for you guys I showed you as far as setting your interests as you can see here against has a quarterly earned reward still coming in and changing your interest on a quarterly basis inviting to call him to join and you will be complete in nicotine free agreement that you know well being gold on seeing their frequencies the cool thing about this page is if you do like want to go set your interest wide right away like these are things so you can click on the link in a go right to that place in the platform Journeys are also on this platform I will be going to them another training but there are Journey steps kind of taking one one day of the journey at a time and then when you complete a journey there's also point value for that so going to kind of reiterating this can you come in more frequently to the platform to keep working on your Healthy Habits in the interest that you select cards and doing Journeys participating in challenges measurements nutrition it's finally got in a profile picture obviously like when you've gotten to this point we've completed registrations you get a hundred points just for registering when you log onto the mobile app to give a downloaded the mobile yeah it's definitely do that and log on the mobile app and get 250 points just for getting onto your phone and I personally I do everything through my phone as far as by 90 seconds of time each day that I'm coming in here to read my cards and tracking my habits you can add friends you talk in your sleep different point values and frequencies for that here's that health tracker that Health assessment survey and then this is all on the healthy habits which we went through before so in general to beginning how I stated I'm in the red brick platform Health at Health assessment was worth 400 points and now the health assessment is worth 2500 you can kind of see how it fits it seems like a lot but there are a lot of fun in different ways and honestly like easy ways if you keep things going for you to earn points on a daily basis monthly basis to make it up to a higher and higher point value so it is definitely achievable to get to your premium reduction level which I'm going to show you right now and actually I think it's even more fun than what is on what was on the red brick all right so where I just went from I just covered my mouth over the rewards Tab and I clicked on my rewards that's going to bring you to this page so this points bar Sears at a little blue going on here it's going to continue to fill up with that blue color as you earn points so that point levels bar is also sitting up here and it's going it always stays there and it's right on your homepage so you can always see where you're at and as you can see there are different levels to reach so 5,000 points gets you to level one so let's just say you completed your health assessment you're going to already be halfway there and even more so over halfway if you did your daily cards and chapter habits I'm looking to give you those extra 20 points 20 points 10 points 10 points for tracking those things level two is at 12000 points and then level 3 I want to point out this is 25000 points and this level once you've reached level three is where you're going to receive that premium credit for 2022 however it doesn't mean that you have to stop at level 3 you can definitely continue and make it all the way to level four so in general that's what that looks like so I'm just going to click to the homepage for a second so noticed that bar again like I said sits right up here you can see level 1 5000 points so it should be how many more points you have left to go level two the nut level 3 how it says right here monthly premium Credit in 2022 and then you can always keep on going all right, go back under that rewards Tab and click my statement one so if you ever want to come in here and see what you have done either on a monthly basis or you want to see everything this is where you come to so I can scroll and see all the things that I did stay so I checked my healthy habits three of them I did both of my cards and I set my interest so this is my total point value for today but if I wanted to see everything I came in here before which I did back in September hear things I didn't September my total points scored the bottom if you ever wanted to come back and see okay when did I finish my health assessment or when did I start that journey and that's one thing this is kind of like your history of I'm completed activities the last time down here you've already seen this but this is not the way to navigate to the full list a voice turn lady will that brings me full circle to all the topics that we were going to walk through today I'm just going to stop sharing my screen for a second and check out what we have going on in the chat here just open it up to some questions I'm just going to go through what's in the chat and then there any additional questions and we have some time left at you can definitely feel free to take yourself off mute once we get to that point otherwise I'm you can always reach out to Shannon with any questions you may have after all this has gone through here so the top tier hey Peggy there was one question that more people might have as it's about the privacy policy and I know it it's mandatory for people to agree to when they are registering for the first time but there's a bunch of different places that they can find it on the the website to so did you want to show them where they can find that information to read yes antonyms for think the top of my head nickel do you know where exactly the says I'm just not I'm on the top of my head I'm kind of blanken Church's Chicken near me can you hear me yeah go down to the foot here we go all of our policies are right there go back to the house Shannon I personally can't see what you're doing right now I can't see the footer but it might be because my the chat bars up right now I think we're good cuz if Nicole could see my screen it's just at the bottom of your homepage any of those privacy policies that you were looking for great question right thank you Shannon kind of keeping this regards to the chat as I was going to lawn sending a login link so that you can get started you definitely should have received an email so if you did not receive that email Shannon is it okay to have the direct them to you just for the sake of letting them know letting them know letting you know that they didn't get an email from employee Wellness was who it came from and then the reply was at no response for Virgin pulse or something of that nature but the to register it's just join. Virginpulse.com city of Tacoma connect alright next question and in this might have been sooner or before I got to that point but as far as how many points have to reach each year that 25000 level 3 is where you get that premium reduction I'm knowing if your Fitness tracker can be linked yes so in a couple I'm pretty sure it's weeks for week three or four that you can connect a device so you're doing it next week but what Peggy also showed when she was going to their profile multiple times today you should have seen some on her drop down list there was an option for devices and apps that you can browse and explore all the ones that are available and then also connect yours at that point but if it's an app you're going to want to connect it with the Virgin Pulse app that'll be simpler and that's actually the next question down here and things Nicole as far as downloading the app it says the Virgin Pulse app and then you'll be prompted to log in that way it does sync with Samsung health so if you there is a lesson again I'll go over this next week but there are there's a big list of devices that you can connect to you I mean I personally have a Garmin and there's like a list of like a specific type of Garmin that you can click on so yes there is a full list of devices what do the Privacy Protocols of the bottom of the homepage is there any limit to the amount of points earned from tracking steps so again I'm at full big lest there are specific like reaching 3,000 reaching 4000 or 7,000 or 10000 jobs you can be moving as much as you want to I'm in those that that longer less will show the levels that are that points will be awarded for can you only invite city of Tacoma employees know you can actually invite family and friends as well to join the platform so they won't have the same exact experience as be as you as an employee on the platform but they can definitely participate in Step challenges or being part of groups and things of that I will show you in the coming week just making sure Nicole and Nicole and Shannon have been awesome and responding to these as they've been coming through throughout prison teen there's questions about backtracking so back up to 14 days of activity and will you be going through in more detail next week how they can do that or did you want to get a little idea of how they can do so now I mean not that we have the program for 14 days yet so it's not like they can track that 14 days but right right so yep all right I can share this just let me worry share my screen so let's just say that you wanted to track your steps or your minutes and you just forgot to from the like throughout the week under this tracking tab the second option down are your stats so let's just say you wanted to log your steps manually right now right here that says October 6th and I could enter my steps in for today but if I wanted to go to yesterday then I go to Oktoberfest like you would just keep clicking back to the day that you wanted ad that in and I could do that for my workouts active minutes if you're talking body temperature calories calories burned your sleep you can definitely do that same thing just I click on that plus button so that again that's under tracking stats good question I'm love the comment from versed hybrid I already like the mobile app great to hear we just got a question about the premium reduction them out and it's not changing this year so it's still going to be based on what helps man you choose to enroll in 4 2022 so it's going to be that $20 per month if you enrolled in a traditional health plan or it's going to be the little bit different credit if you are enrolled in things are not changing in regards to the incentive perfect Shannon this may be a question for you when we fill out the webinar verification form do we need to sign the form or can we use a digital signature the digital signature is just fine I know it's a very unique year for us and I will always accept the digital signature no matter what moving forward so I'm just don't worry about that on any of the verification forms next one what is the premium reduction for 2021 or 2022 it's for 2022 for this current program year I found the option for devices but I'm unable to connect it the page just keeps reloading when I log into my Fitbit I think that would be a customer service question I would say you can always try logging out and logging back in and see if that helps and if not you can definitely reach out to customer service do you have to add friends in order to complete the about me portion of your profile know you do not I will be showing you how to set up your profile and just it's a part of you can add friends but it doesn't it's two separate things so now I don't have to add friends to complete your about me profile and ask Peggy was showing when she was showing the different ways that you can earn you can see that you can get credit or adding a friend each quarter and 10 is the so you want to meet cautious about when you add and who you add at the time and just know that you can get credit for doing so I'm if you start a challenge for yourself and Peggy will go over what challenges looks like how you can do them for yourselves or how you can invite other people to do a challenge with you so in that sense it's very different because we always created the challenges for you where now you have the ability to create your own challenges and you can invite whomever you want so those friends can be on somebody that you I'd in each quarter every time you want to do your own personal challenge something like that do points carry over from year to year if you don't meet the 25000 minimum they do not so once we start a new program your next year everything resets back to zero is there a way to tie my existing account to the city of Tacoma's program when using the the join. Virginpulse.com link I select the already a member option and it doesn't seem to show the Tacoma employee Wellness portal my only thought on this one and Shannon please feel free to chime in if you've already completed or already liked completed registration on the Virgin pulse platform then maybe this will be a call to member services but if you haven't yet registered and you might be I don't know if you're referring to your RedBrick account or not that I guess it's my thoughts I'm not sure Shanna dipping dad on that one to the to the login page is not specific to us but once you start typing in your username and your password that you used to create your account it it takes each for a portal so it is kind of a generic login page but it will take you to our our personal page once you login last two questions at least in the chat that I'm seeing yes this this is recorded so I will be sending it to Shannon and she'll send it out to all of you and then I'm going to show I thank you for asking this question how do you remove some of the healthy habits on your profile and let me jump to that really quick great question so healthy habits the second Circle down here I'm just want to show first if you click this plus button this is going to you can add any of these to your Healthy Habits depending on your interests of what you select these are the two habits that we recommended for you so because I whatever my habits aren't that are my interests are now maybe I want to add and I'm going to move on the hour so that is actually going to once I add it it's all right here on my healthy habits if I go under tracking first one down here as healthy habits I just added this move on the hour one if for whatever reason I don't want it anymore here's that delete button yes remove so that's how I go in to do that concussion if someone else had a similar experience that I had already participated in virgin pulls a little bit before and therefore I was not able to sync my Fitbit or anything until I contacted their member services tab at old account deactivated so I can use everything for this new account so I just want to make that clear in case there's anybody else cuz I know at least one other person at the city has experienced the same issue that was just mentioned in chat from Jen for those who attended this webinar will we automatically receive points for participation or will we still need to fill out the verification form Shannon I'll drop that one at you unless there's a way that you can send me the participants that occurred in this but I don't think there is because we didn't have them registered they need to turn in verification form I'm in and how did you set for my eyes only status Julian can you maybe be more specific on the floor to take yourself off mute not sure if it was something that you saw from what I demoed really quick or anyting it was a privacy icon locked at top of the page I might unless Nicole if you have any ideas up your head I might have to take this one back just to cut a double check on it and it went to I'm he's there with the referring to is Ana profile oh I are you talking about like if you make a goal assembly screen oh okay so wait let me see if I know what she's talking about to find the verification form I included the link in the reminder e-mail today but also when you're logged in you can click on programs and all of our verification form activities such as the annual physical attending the weather Nars what you can get a lot more credit for now cuz you can take up to 12 so you can eat to 3,000 points for his for watching webinars this year they're all on the program's section I did send them some new link last week to get those updated so that they are fillable forms for everybody but the one that I included in the email today. Is a fillable form okay so this is what I'm a few of you and thank you for just being specific there looking at this PC or visible to your eyes only so these are your Healthy Habits so there's no there's no way that anybody can come to your platform and look at what you are deciding to track so that's why this is visible to your eyes only and it's and it's also remember because we can add friends in this platform like you can have Steve to come with friends and this is just verifying that this information is only for you to see the question that goes for the goal to if you make your own personal well-being goal you that'll be for your eyes only along with completing the nicotine free agreement I think that's all we have in the chat unless I missed anything there is one about the webinars and about whether or not they need to fill out just one for attending all for the way you had said we had the program set up is that you actually get credit for for 1 weapon or a month now if you want to use up to four of those regency's then you'll need to turn in a verification form for each but remember that your maximum is 12 webinars for the course of a year and that says trying to get you to spread out what you get credit for what you listening too cuz we're still going to do those monthly webinars I'm in addition to some of the webinars that were also Jimmy and they are worth a lot more points instead of 25 over 250 points now so just keep that in mind when it's up to you how you want to use them to Max's 12 but I would say probably just one web one form for these webinars would be ideal that way you can still get credit for more throughout the year I am just getting a couple more in the chat just asking if this is recorded it is so again I'll be sending the link to Shannon and she will send it out to you and that's going to be for each of these weeks so they will be available to you guys once I get the recording over to Shannon ready well thanks for putting things in the chat as far as questions are there any additional questions if anybody wants to take themselves off mute or throw anything else into the chat on anything that was presented today is it possible to load more activities in the workout list I golf a lot but don't see the option I'm going to go to that tracking to that stats guide like I'm workout and you can either scroll here or you can type this is a good question it is a good question because I'm pretty sure golf was an option on I'm going to take this one back and ask about it yeah it's a good idea and I think I understand why it might not be on there because a lot of people use golf carts while they're golfing but it still is kind of getting activity in and or if you're not using a golf cart I would imagine you cannot leave track your sets for that this question is for Shannon I have the verification form open however I cannot completed is just not letting you till it in correct even the one that I sent in the email today I am on the website and I went to programs so that one is the one that I'm asking them to replace with the fillable form with that one you can still can go to edit document or make Philip filling sign it because what you do and you can put text boxes in there but from the email today that I sent that one is syllable sorry about that any other questions all right well if anything additional does come up please reach out to Shannon between now and I mean any time really but just wanted to say like thank you again and looking forward to next week so we will be meeting next week at 1:30 Pacific time and we're going to I'll be walking you through Journeys the programs benefit page and connecting a device so come on back to listen in on how and what they look like on the platform maybe we'll have a great rest of your day everyone again I'll get this recording over to Shannon and we will talk to you next week thank you thank you thank you