Go and welcome my name is Peggy Rainier and I am the client success manager on these Tacoma account working closely with your wellness program to just provide a great experience for you so I just want to say thank you for joining and if you have any questions along the way from anything that you watch here please reach out to your contact at city of Tacoma and she can help you on three talk to Shannon and if anything she can always reach out to me for any additional questions that she may not be able to help with so the purpose of this video is just to run you through the enhancements that are now live on the verge of platform and I'm going to start though just to refresh on what registration looks like so if you have not yet registered you should have received an email to register and there's a link in there that's going to bring you to a landing page and on that landing page you're just going to follow through the three-step process it's fast it's easy to go through you're going to answer your first and your last name and then you're also going to enter in your employee ID and I just want to make a note here that that employee ID when you enter it there is no longer the requirement to have the leading zeros so you can go ahead and just enter it on with the first number without those leading zeros right I'm going to switch my screen share here just to bring you right over to the platform so then for the purposes of today this is a test user account but I just wanted to really give you an overview of where things are at in the platform now that it has been enhanced so a lot of things look very similar and a couple things just sit in different categories so as you can see here the cards are the first thing that pop up so when you come in here each time I'm your task is to read through these cards I noticed that the health check the health assessment has not yet been completed in this tattoos your account so if that is the case for you I would first things first go ahead and finish up that house check and move on cuz that is worth quite a number of points however I was going to tab over here sit on this is an example of a card it's an eating healthy card and my task is just to read through it Prescott it's going to be me to the next one I got 20 points for doing that card then same thing here reading through this sometimes we have to scroll a little bit when the Press got it got another 20 points for earning or reading that card and those are my two for the day the next thing down here this is the same as it was before the enhancements on the platform is tracking your Healthy Habits again that's it be there Year yes no questions of the day things that you are tracking specifically to personalize your experience on the platform so this one for instance did you take the stairs today yes or no did you eat a healthy breakfast today I noticed if I did Mark know but this one is still going to turn green it's not about saying yes everyday rather coming in here multiple times throughout the week to track these and eventually make them habits the ones that don't have a yes or no these are actually validated pieces of information so these are going to come from either sleep hours that you manually put in here or that maybe your device would sync your steps and your sleep in order to add or delete any healthy habits I'm going to go under the home first tab here down to healthy habits and the screen looks exactly how it did before you're able to add a habit you can browse all of them you can see what is recommended for you so can deacons nice and easy add any habits if you want to delete some off of your list of habits you would just press the delete button here so I found that one about going up the stairs I no longer want to track it I would say delete yes remove it and it would go away if I wanted to add that I start my day off of the class of water and that habit if I know I went back to my homepage and clicked on my healthy habits there's that question about drinking a glass of water alright I'm just going to go right down this tab here and show you what each of these mean again just re familiarizing you with where things are and where they have been located a relocated I reorganized in the pot Farms with his first time down here is stats and this is where if you do not have you can come to lock steps so you just add them here type it in press save same thing here if you did a specific workout you can search for that or there's a whole list of activities free to choose from it will automatically convert those two steps which is really great so that's another thing that you're not wearing a device or tracking your steps with validated information that you can do it through adding a workout in the rest of this is just for you to see your data as it comes in depending on if you are bringing this information into the platformer actively engaging in the sleep or the nutrition guide alright I already showed you that healthy habits tab the next ones down all three of these actually are very similarly related these are all deal dealing with how you earn rewards on the platform, I couldn't click on this first one this one is just a general overview of what it looks like to move from Level 1 to level 2 3 and 4 and seeing how many points that's worth across-the-board so 5,000 for level 112 thousand four level to 25,000 for level 3 35000 for level 4 as you can see the same bar sits along the top of your page no matter where you're at in the platform I want to dry your attention really closely here to level 3 this is where once you reach level 3 so that 25,000 points that's where you have qualified for the monthly premium credit for 20 22 sew that ultimately is your goal and once you reach level 3 no one says that you can't keep going so you can just keep running points to level four now I know it looks like a lot of points but there are plenty of opportunities for you to earn points so two ways to get there one is to click on learn how to earn points the other ways you can go under the Home tab again and click how to earn and it's going to bring us to this long list and I did go through this when we had our webinars back in October but this is just showing you all the different ways that you can earn points on the platform so I'm just going to look up this one here everything down the middle column is showing you what that activity is everything on the far right here at the point value associated with that activity and then this First Column of shading little bit of gray teal and dark her till this is showing the frequency of how often you can earn those Point values so anything in this top-tier that's in that gray shaded gray range you can earn those on a daily basis so if you took 7,000 steps 3 days in a row you're going to get 70 points all three of those days for taking on my steps as you can see down here these two are monthly frequencies so if you were to take 7,000 steps 20 days in a month you're going to get 400 points if you were to take 10,000 steps 20 days in a month you would get 500 points likewise 15 active minutes 20 days in a month 15 workout minutes 20 days in a month or respectively for this following ones to also receive that same amount of points then you can see her connecting device that is a one-time-only reward so as you can see here all the different categories reading your cards participating or creating challenges custom ones Journeys measurements nutrition one time rewards rewards on sleep surveys completing that help check notice that's 2500 points right off the bat so really important for you to come into the platform and complete that right away if it's not done so already and then finally I'm tracking going through and reading your health tracking yes or no to your Healthy Habits so as you can see there are bigger and smaller Point values but it's really to encourage you to come in here time and time again ideally on a daily basis to read your two or three cards tracker healthy habits may be read the next day in a journey and just consistently build up the number of times that you're in here so that you are earning those monthly Point values that will really help your your total score grow over time I'll write the last one that I'd have to show you here is the statement category this is just a history of everything that has been completed for direct hibbity so if you ever want to check and make sure that a certain point value went through or that you did complete your health assessment this is a place where you can come too and look at that I can look at it a certain month coming back all the way to October tie or even look at all of them again this is a test user so that is the purpose of this specific tab alright anytime you want to go back to the home screen all you have to do is click this Tacoma employee Wellness logo up in the upper left-hand corner I'm going to jump over to the house to have KY number things I need to help tab here first thing I want to point out here is Journeys so Journeys or something that we did have on the red brick platform if you are unfamiliar about Journeys in general Journeys are basically a of just diving deeper into a specific topic that you are interested about wanting more advice or tips about just a really great way to engage individually and something that you really want to work out and make just more of a focus in your life in general so as you can see there are a lot of different topic for each of these Journeys most of the journeys are not necessarily listed as you can see under Health situations there is 13 total and I'm only seen four of them every Journey has a title this one consider quitting no thanks I quit trimester to keep it up and then every Journey also showing how many days it's going to take to complete that Journey so this is a big difference between red brick and virgin pulse as far as Journeys are considered so with a journey on this specific platform you actually do have to come in and take 10 days or 14 days to complete the journey that you have selected depending on its on its timeline so let's just say I clicked on find your focus and I want to do this journey I'm going to stay start the platform is going to give you one day at a time information to read through on the specific topic if whatever reason you want something different like you're like I don't really like this one I just want an additional piece for the day clip on show a different stop and it'll pop up with another piece for the day it doesn't mean you're going to get credit for both of those things you're only going to get credit for ones you have to pick one I got when you're done reading through you're going to click will do and notice I got credit for completing one of 10 steps I got 20 points for a journey stop and then notice it says come back tomorrow for your next step so the platform is very smart and it's not going to allow you to continue this journey until tomorrow and it's going to give you de tus information so that is an overall just high-level view of Journeys on the platform how they're similar to Red Brick and how they are a bit different right next one down underneath the hell tab is that Health checked again this is the health assessment if you have not yet completed it it's going to bring you right here to the start of the health assessment and go ahead and take it it takes about 10 to 15 minutes totally information for you to put in here no one is going to see it whatsoever everything here is protected by HIPAA we your information doesn't go anywhere if anything when you put in from when you answer these form give you recommendations and and show you where your risks are so that you can maybe focus more in on a certain topic on but there is no way that anybody else is going to see the results except for you alright still under the house tab the nutrition and sleep Guy this is where they live I did go through them on the webinar series specifically the platform was really good at walking you through choosing a specific eating type that you are or a sleep pattern that you want to work on and kind of taking you from there to really create kind of like a mini profile within the platform to focus specifically on nutrition and sleep all right. I'm going to jump over to the benefits tab this will soon read programs this is your programs page and I'm going to go ahead and click on view all now these are just all different benefits that city of Tacoma is offering and has live for you to link out to right from the portal here so it's kind of like a one-stop-shop for you to come in and find maybe your EAP program I'm you can link out to it directly from here Fitness discounts another way to get to Journey's livongo share an inspirational story if you have only love to hear it any of these are totally a free resource for you to come right into the platform and Link out to right last tab here is the social tab so this is where challenges friends groups shadow live I'm going to give a brief overview of challenges I did go through this on the webinars from October basically as a member on the platform you were able to create two different kinds of challenges one of them is a Step Challenge Caillou candy to do a one day you can do a weekend which is a Saturday Sunday or you can do a weekday basically this is a challenge for you to create at any time that you would like you and invite your friends to join in and all that's going to do is create like a little challenge group and it's going to be able to show you over those Mana days whether it's one the weekend or the full weekday I'm worth of time like where you and all of your friends that you're inviting to that challenge like where your steps are at just a fun way to compete have fun make it more motivating and inspiring and help each other just took to move more business next type of challenge of the healthy habit challenge there are over 300 healthy habits and all this is going to do when you create this challenge cuz all he didn't you just have to click on any one of these may be a built-in break taking a break is fine and healthy iSpy created this challenge going to bring me to a challenge page I can invite my friends on the platform again my friends would be listed right here if you do Hardy have friends I can find specific colleagues by typing them in and then what this does is because it's a healthy habit the platform goes ahead and puts it with my healthy habits and I'm going to be tracking yes or no to this for the next 7 days because it's the part of the challenge I cannot delete this healthy habit and at the end the popcorn going to ask me if I want to keep this habit or be done with it so you can actually choose to continue tracking it or not alright so those are the two different habit or just have my apologies challenges that you can create next time down here is friends as quick and easy as pressing the plus sign here adding friends you can maybe some suggested friends might come up or you can search for them you also can add friends or family outside just adding their first and last name in adding an email here it is just going to allow other people to come into also create an account important in challenges that you may create on the platform all right groups groups nice and fun to maybe browse what groups are out there and maybe what what you want to be a part of so I think it'd be great to be a part of podcast maybe you're wanting to be part of one about water challenge this is basically something to go and click on the podcast one basically a place on the platform to exchange ideas to maybe I've seen groups were there are there any healthy recipes and some of my upload a screenshot of a cookbook recipe and so it's basically just a more left the chat string of ideas and fun comments questions on and place to just make more of a social atmosphere of the platform if you don't want to be a part of a group anymore you can leave that group you can also create group if I do want to create a group around healthy recipes let's share ideas you can add a photo or you can pick a photo I'm always surprised there's not a food option here and you can choose whether you would like this group to be public or private public means that anybody's going to be able to browse and see your group sitting there enjoying it private means that you can only invite your friends closer to a meet this one private no one will be able to see it just by browsing the group's I actually will have to invite people to be a part of this one I can edit the group leave the group or even delete the group all right last couple things here shout outs on the platform I really fun way just to recognize something great that a colleague might be doing her co-worker anything that you really want to just recognize them for so search for that number in the values are here to Yosemite honesty teamwork driver responsibility and then type it in here why they are so awesome so just a really fun way that once you post it it's going to sit here in the board it'll give the person that you're giving a shout-out to a notification just a really fun way to recognize and celebrate the good things that your colleagues are doing last bit of information here on this tab is the events calendar this is just a place for you to come and see what's going on at city of Tacoma anything that Shannon might be adding to the calendar or the might be up and I mean there would be a lynx possibly involved in included here are maybe registration things to sign up so definitely place for you to come and just be aware of what is going on with that suit alright I'm going to go back to the home screen here if you have your mouse over your profile a little profile picture here and you go to my profile you can actually get points for filling out your profile and just having fun outing pictures in here so you can get a picture of yourself you can actually change the background of your page so let's just say I switched it to this one and all that does is that actually switches the big picture on the background of your main home screen I'm going back to the profile here fun things to ask just a funny questions to answer here if you'd like to you don't have to but definitely encouraged any friends that you've added who accepted your friend request he will be listed if you have a device connected if not this is one way to connect to device onelink out to that place in the platform I'll show you the other one in just a second and then anything below this line notices his visible to your eyes only cry so when you create a well-being goal or look at the nicotine free agreement or your settings down here no one else can see that for you and if you want to turn emails on or off so this stuff is not viewable to anyone else but you alright so devices and apps is my next one down here I'm actually my last one in the tabs across the top so connecting a device is as easy as clicking on Garmin or Fitbit and following the prompts here you can also click on find by activity and as you scroll some of these aren't showing used to specific types of fitbit's are Garmin just being aware that if you work through like apple health or there's an extra add-ons the extra like an application on your phone that you need to connect as well that it will help you so I specifically have a Garmin and tell when I go to upload my stops in my sleep I actually have to go into my Garmin app and then from there I go into my Virgin Pulse app and since my Garmin app is linked to my Virgin Pulse app it will pull all my information right into the my Virgin Pulse app to upload my steps and my sleep which is really great so that is how you go about connecting to device go back to the home screen here last two things I want to point out on the right hand side. This chat and the support feature they are always here no matter where you are at the platform so if you have a question about one of your Rewards or maybe you're having a tough time connecting to device or something like that and click on that chat button and go ahead and honestly start typing their somebody ready and waiting to help you on the other end here so you just have to start typing and work right through that chat so kind of helps you bypassed us sitting on the phone and waiting for member services to respond not that are Member Service team is great but I think it's really great that we have both options to call member services but also to check them so whichever you prefer the first one down here is the support page when I click on this it's going to bring up an entirely new tab the best way for me to describe this to you is that it is a knowledge Bank of information for you to go and look if you're having issues with the device of yours or maybe looking for something more on challenges and just need a little bit more guidance past what you've seen on this video or just how you maybe can go back and edit a challenge or something like that you can go ahead and click on these tiles and explore and you can definitely type in the search box what you may be looking for as well so I'm kind of a third for you you can always call you can chat but you can always come in here too and see what if you whatever you're looking for that's in here and just read through the answers that are here but with that being said that is all I have for you today with in this webinar I'm just an overview of gun of the enhancement and kind of where everything lives on the platform now across-the-board T-Mobile app is also updated you will see on the mobile app that these four Tabs are along the bottom of your app so that you can navigate to everything through there awesome well thank you so much for joining if you do have a distal questions please reach out to Shannon and ask and she will reach out to me if need be thank you so much and have a great rest of your day