



# Iowa UMC Conference Health Plan Participants Enrollment Form

## Virgin Healthmiles Walking Program

**Take Steps Toward  
a Healthier You**



The **Virgin HealthMiles walking program** can help you earn rewards for enhancing your fitness and overall wellness. Daily steps toward better health can line your pockets with **UP TO \$300** over a 12-month period.

When you join HealthMiles, a GoZone pedometer tracks your progress toward health goals and rewards. The most valuable HealthMiles benefits will be measured in inches, pounds, blood pressure or a boost in energy, but the cash you can earn is a nice reward, too.

**With HEALTHMILES, every step makes cents!**



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## Virgin Healthmiles Registration Form

Name \_\_\_\_\_

E-mail Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Enrollment Fee: \$20    \_\_\_ check    \_\_\_ cash  
*Make Checks out to BOP, Inc*

Contact Kae Tritle, Wellness Coordinator at [bktritle@msn.com](mailto:bktritle@msn.com) for more information.

The IAC Wellness Program Invites You to Join  
**The Virgin Healthmiles Pedometer Program**

## For Conference Health Insurance Plan Participants

**What is Virgin Healthmiles?** It is a digital pedometer (a device you wear that counts the number of steps you take) that has the electronic capability to connect to a computer.

**How Does it Work?** The computer software is web-based that can be down-loaded to any personal computer. If you do not have access to a computer or the internet, Virgin Healthmiles can be accessed via public computers (ie: libraries)

**Why have a pedometer that can connect to a computer?** An important piece to help people integrate new healthy behaviors into their lifestyle is motivation, often in the form of rewards. Other motivators may be keeping track of how you have improved or setting up a friendly competition with your colleagues. The software capabilities of Virgin Healthmiles can do all of the above.

**What are the rewards and how do I get them?** They may be in the form of gift cards to name-brand stores or cash to yourself. To receive the rewards you will need to log in your steps by downloading the data through the internet. Different levels qualify for the different rewards.

**Will anyone else be able to see my data?** You enter in the information you want seen in a profile. No one sees any information you don't want seen. The Wellness Program only has access to aggregate numbers, no personal information.

**How do I sign up?** If you participate in the Conference Health Insurance Program, you are eligible to sign up. You may enroll any time after June 1 for a \$20 enrollment fee to the BOP, Wellness Program. Following payment you may access the Virgin Healthmiles program on the web per directions.

**When and how do I get the pedometer?** The "GoZone" pedometer is sent to you via US Postal service. It will arrive 7-10 days after you have enrolled in the program.

**Other Questions?** Contact Kae Tritle at [bktritle@msn.com](mailto:bktritle@msn.com) or 515-205-8899





# Iowa UMC Enrollment Instructions

## Virgin Healthmiles Walking Program



**You will need a computer with access to internet.**

1. Go to [www.virginhealthmiles.com/iaumc](http://www.virginhealthmiles.com/iaumc)
2. Click **“Join Now”** at the bottom of the page.
3. Enter the required personal contact information. Then choose a password (at least four digits), and click **“Continue.”**
4. Review and confirm your details. Then read and accept the *Membership Agreement & Privacy Policy*, and click **“Submit.”**
5. Write down your Member ID and remember your password.  
Member ID:
6. Log in to the **Virgin HealthMiles** Web site using your Member ID or e-mail address. Couples who share an e-mail address must use their unique Member IDs to log in.
7. Complete the Health Snapshot—a short health questionnaire—and a pedometer will be mailed directly to the address in your profile (It will take approximately 5 Business days)
8. Download the GoZone software, for your PC or MAC by clicking the appropriate link under the GoZone support page. The link to the GoZone Support page is found in the upper right hand corner of your personal HealthMiles page. If you have trouble finding the link you can always go to [www.virginhealthmiles.com/software](http://www.virginhealthmiles.com/software).
9. Activate your pedometer by following the package instructions, or visit the GoZone pedometer support page on the HealthMiles Web site. (Go to [www.virginhealthmiles.com](http://www.virginhealthmiles.com), choose **“Activity”** and then select **“Activity Tracking Devices/GoZone Support.”**) Still need help? Contact the Virgin HealthMiles Customer Service department at **1-800-830-4312**.
10. Start walking, riding, running, dancing, playing and moving—when worn properly, the GoZone pedometer records every step on the road to health.

You may also contact Kae Tritle at [bktritle@msn.com](mailto:bktritle@msn.com) if you have trouble with the above.