



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 downloaded 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 or 515-226-8760