



IAC Wellness Incentive Questions & Answers

Why does the Wellness incentive change from year to year? *To challenge people to move forward in their healthy attitudes and behaviors.*

Why are you making us track health habits this year? Each of us takes the path of least resistance in the matters of daily living. Trying out small changes is a strategy to help us start making better choices in our daily living. Small changes are the easiest to manage and eventually make a big difference in our health-fullness.

I really don't like to exercise, why is the incentive program targeting physical activity? *Research has shown that physical activity is the single most effective strategy for maintaining over-all health-fullness. 20 minutes of intentional activity/day, 5 days/week will help a person's emotional outlook, use calories to maintain weight, keep joints limber, and your heart pumping blood. This translates into approximately 8,000-10,000 steps per day. If you are not currently active, start small and gradually increase both your time and frequency. If you have a physical dis-ability, please contact Kae Tritle at bktritle@msn.com for how Virgin Pulse adapts to your limitations.*

Why are we using the Virgin Pulse program? *IAC is partnering with Wespath's (General Board of Pensions) Center for Health to provide a tracking program with monetary rewards. Virgin Pulse is a health promotion organization that works with corporations all over the country in providing employee health and wellness activities. Research has demonstrated that most persons need something and/or someone to motivate them in making a change in lifestyle; moving from unhealthy behaviors to healthy ones. (80% of us are trying to make a lifestyle change, but only 20% of us are successful) Virgin Pulse has a proven track record in doing this.*

Do I have to use Virgin Pulse's pedometer, can't I just buy one from a fitness store? *The "Max" pedometer or "Max Buzz fitness tracker" are a digital devices designed to support the Virgin Pulse software. Each is available for \$25 + shipping when you first sign up. If the one you have becomes in-operable or lost, you can purchase another one through Virgin Pulse customer support. If you have not connected for some time and try to login, you will need to use the password you originally setup. If you cannot remember the password, call Virgin Pulse Customer at 1-800-830-4312.*

Isn't just using my own Fitbit (or other fitness device) enough? *Not really. You do get feed-back about the fitness activities that you are doing, but there isn't the ability to tap into a supportive network for accountability. Most people will do an activity for a month or two until they get tired of doing it or until a disruption happens in their life (you or a family member getting sick, extra stress, vacations, holidays, moving, etc.) Then people stop tracking their healthy behaviors and revert to the old ones. By using Virgin Pulse every day/week/month, healthy behaviors become ingrained even through the disruptions. People are also motivated by monetary rewards to reach for the next level.*

How do I connect my Fitbit with Virgin Pulse? *You need to enroll in Virgin Pulse by going to <http://join.virginpulse.com/wespath>. You can then choose the device that you will use to connect to Virgin Pulse. Virgin Pulse does have the "Max Buzz" device which is like a Fitbit available for \$25 +shipping.*

How can I find an accountability partner on Virgin Pulse? *Log into Virgin Pulse website on a computer or tablet. Click on the Friends tab. Choose groups. Browse groups. Iowa Annual Conference is on page 2. Click on our group to join it. You then can see who is a member of the Iowa Annual Conference group. You can then "Friend them", create challenges and more.*

I am a private person—Does anyone see the data that I enter? *All reports are aggregate reports. Not even the Coordinator of the IAC wellness program sees any individual data. There is an option for you to let selected "friends" see what you are tracking.*