



Iowa Annual Conference & Virgin Pulse Activity and Wellness Program



Open to those clergy enrolled in the Pension plan & their spouses; including retirees

The **Virgin Pulse Activity & Wellness program** helps you earn rewards for enhancing your fitness and overall wellness through the digital tracking of physical activities, health habits, steps, and learning activities. You can connect with friends and colleagues who are also participants of Virgin Pulse for support and competition.

Virgin Pulse is compatible with and supports the following devices and apps: Fitbit, Garmin, Apple Watch, Jawbone, Nuya, Misfit, Moves, Polar, S health, Mi band, My FitnessPal and others. It has a mobile app for both IOS and android devices making it easy to track, synch and connect .

Each day synch your “Max” pedometer and enter tracking data to earn “Healthmile” points. As you accumulate “Healthmiles” you earn a cash reward based upon a level system.

HOW TO EARN “HEALTHMILE” POINTS

Activity May accumulate up to 140 points /day	For each 1,000 steps	10 points	Track steps 10 days/month =100
	Workout minutes	15 =70 points 30 =100 points 45=140 points	Track steps 20 days/month =200 Take 7,000 steps 20 days/month=400
Learning	Daily Cards	20 points each	Short positive messages on health topics you select
Health Habits Selected by you	Up to 3 per day = 10 points each	Track 10 days/month =200 Track 20 days/month =300	Track food, sleep, stress, water--- over 30 habits to choose from
Measurements	Self-entered monthly		100 points
Challenges	Join personal challenge =100		Join company challenge =100
Well being Goal	Set a goal to work on =400		

7,000 steps/ day + 2 daily cards + 3 health habits = 140 pts/day x 90 days = 12,600 pts/ quarter

REWARDS

<u>Per Quarter</u>	Level 1	Level 2	Level 3	Level 4
Total Healthmiles points earned	1,000+	5000+	10,000+	15,000+
Reward \$	\$5	\$10	\$15	\$10
Total \$	\$5	\$15	\$30	\$40

Reward dollars can be redeemed for gift cards (Amazon & others), sent to your checking account or disbursed directly to you. You could earn up to \$160/year!

Take Steps Toward a Healthier You

Enrollment instructions on other side

Contact Kae Tritle, Wellness Coordinator at bktritle@msn.com for more information or assistance

Virgin Pulse Activity & Wellness Program Iowa UMC Enrollment Instructions



You will need a computer or ipad with access to internet.

1. Go to <http://join.virginpulse.com/wespath>
2. Click the yellow **“sign me up”** button on the bottom of the page.
3. Enter the required personal contact information. Choose a password (8-50 characters with at least 1 letter and 1 number, no special characters)
Write down your password:
4. Review and confirm your details. Then read and accept the *Membership Agreement & Privacy Policy*, and click **“Let’s get Started”**
5. Write down your Member ID:
If you get an error message “name not found, contact employer for eligibility”
Please contact Linda Remster at lremster@iaumc.org to update your personal data.
6. Log in to the **Virgin Pulse** Web site using your Member ID or e-mail address.
Couples who share an e-mail address must use their unique Member IDs for login
7. Complete the Health Snapshot—a short health questionnaire. You will also be asked to choose a fitness device or a method of payment for the cost of the Max pedometer (\$25 + shipping) A pedometer will then be mailed directly to the address in your profile. It will take approximately 7-10 business days to arrive.
8. Download the Virgin Pulse software, for your PC or MAC by clicking the appropriate link for your personal device. The link to the Support page is a tab found on right side of your personal Virgin Pulse page. If you have trouble finding the link you can always go to back to the Virgin Pulse website.
9. Activate your pedometer by following the package instructions, or visit The support page on the Virgin Pulse Web site. Still need help? Contact the Virgin Pulse Customer Service department at **1-800-830-4312**.
10. Start walking, riding, running, dancing, playing and moving—when worn properly, the Max pedometer records every step on the road to health.

You may also contact Kae Tritle at bktritle@msn.com if you have trouble with the above.