

# Spouses and Adult Benefits Recipients Have you enrolled yet?

choose  
well

## Earn the 2019 health incentive in as little as three easy steps.

A spouse/adult benefits recipient (ABR) enrolled in the medical plan must participate in Choose Well before Nov. 16, 2018, to earn their portion of the 2019 health incentive. They only need to earn 20,000 Choose Well points\* in order to earn 100 percent of their 2019 health incentive, which is paid starting in January 2019. Earn points by completing well-being activities that build a strong body, mind and spirit.

*\*A caregiver must earn 40,000 points to receive 100 percent of their portion of the health incentive.*



at least 250 points

### Step 1 - Enroll in Choose Well, powered by Virgin Pulse

Choose Well, powered by Virgin Pulse, is a powerful tool that helps you track and meet your well-being goals

- **On any computer or device**, visit [psjhchoosewell.org](http://psjhchoosewell.org) and click **Sign Up**. Create a Choose Well account in Virgin Pulse. Enter your name and birthdate to connect your account to the caregiver's.
- **On the Virgin Pulse app**: Download it from the App Store (Apple) or Google Play (Android). When prompted for a company code, type **choosewell** to get started.



5,000 points

### Step 2 - Take an online health assessment

Find **My Pulse Survey** under the **Programs** tab in Virgin Pulse. Answer questions about your health and well-being to see where you stand and how you can improve to be the best you. If you do not know your biometric values (blood pressure, cholesterol, blood sugar, etc.) simply say "I don't know" – you will still get credit for taking the survey. *Participation is voluntary and answers are confidential and not shared with your spouse's/ABR's employer or any third party. Virgin Pulse is HIPAA-compliant.*



15,000 points

### Step 3 - Visit with your health care provider

If you had a visit with your health care provider between November 2017 and Nov. 16, 2018, you can attest to your visit. Find **Provider Visit** under the **Programs** tab on the Virgin Pulse, list your provider's name and the date of your visit.

*Your provider does not need to sign anything and details of your visit are not shared with your spouse's/ABR's employer.*

**There are other large point-earning opportunities like quarterly challenges (at least 5,000 points each).** Or, log in regularly to track your fitness activity, read daily cards, track healthy habits, and engage in your own health and well-being.

### Questions?

For help navigating Virgin Pulse or to apply for a reasonable alternative to earn the health incentive based on a qualifying condition, call Virgin Pulse directly at 888-671-9395. For questions about Choose Well or your health incentive, spouses/ABRs can use guest access on the HR portal at [Caregiver.eHR.com](http://Caregiver.eHR.com) and find the **Well-being** tab. Or, visit [psjhchoosewell.org](http://psjhchoosewell.org). Caregivers may call the Benefits Service Center at 888-615-6481.