The Road to Resilience

Every day brings new choices… which ones will you make today for your well-being?
Well-being is about the whole you. Your spiritual and emotional well-being is just as important as your physical health. It shapes every aspect of your life, at work and at home. That’s why we offer Choose Well – your caregiver well-being program.

You get to decide how you want to engage in the Choose Well program, which is powered by Virgin Pulse. Earn daily points for activity and behavior tracking, completion of daily cards and more. Think of it as your personal well-being journey. Earning points moves you through each of the four levels in the program. Each level translates to a quarter of your annual health incentive.

Make it a family affair

A spouse or adult benefits recipient enrolled in your medical plan can join the program to earn their portion of the annual health incentive. Each level is twice as easy to achieve, with Level 4 being worth 20,000 points.

2019 Bonus Points - available in mid-January:
• Visit your primary care provider or mental health practitioner
• Complete the annual MyPulse Survey – confidential snapshot of your overall well-being and opportunities to maximize your health
• Join the quarterly well-being and monthly Healthy Habit Challenges
• Get (or attest to decline) your annual flu immunization - Fall of 2019

Care for your emotional well-being

The Caregiver Assistance Program is an incredible free confidential resource that supports you in a variety of life situations that come your way. You and your family have access to:
• Confidential counseling visits for emotional health topics
• Counseling for relationship and family matters and work concerns
• Family and elder care resources
• Legal, Financial, and Career consultation
• Everyday issues, matters of daily living; assistance with resources for a host of daily needs from housing, transportation, and home repair, to support groups, parenting resources, and financial assistance.

To learn more, visit the Well-being tab of the HR Portal at Caregiver.eHR.com.

Choose Well Life Changer Story: Meet Katie Gillespie

After having a premature baby a few years ago, I became very anxious and gained a significant amount of weight. I tried several times to lose weight, but my mind, body, and spirit were not in the right place. I finally had to seek help for my anxiety, and also make a decision to change my eating habits.

After spending some time reflecting on my life, I finally got healing for my mind, body, and spirit, and was finally able to move forward toward getting healthy. I have cut sugar and flour out of my diet, and have lost over 100 pounds. This gave me the confidence to move forward with my career.

I know that Choose Well will keep me accountable for my eating choices, remind me to stay active, and keep my mind and spirit healthy too. I am excited to have a tool at my fingertips everyday to keep me well! I never want to go back to feeling like I did. I'm thankful for so many of the benefits our organization offers, and that they would reward us to be mindful of our health every day.
Choose Well – your go-to well-being resource

Choose Well: powered by Virgin Pulse. A daily well-being app and website where you track your activities to earn points towards your annual health incentive.

Caregiver Assistance Program: Receive confidential support and consultation for a variety of life situations, like counseling and family care, home repairs, education, work-life balance, and more.

Weight Management and Disease Prevention: Reduce the risk of developing chronic conditions such as Type 2 Diabetes: and heart disease. Be inspired to lose weight, get moving, and feel fantastic. Availability subject to medical plan enrollment.

Choose Well Discounts Keep your work-life balanced with access to discounts for a variety of retail goods and services in our communities.

Nicotine Free Quit smoking through our free nicotine support program (including nicotine replacement therapy, if recommended). Availability subject to medical plan enrollment.

Financial Well-Being Get tips and tools for staying on top of all life’s money matters—from paying down debt and keeping up with bills, to budgeting and saving for the future.

Questions? Call the Benefits Service Center at 888-615-6481. For help navigating Virgin Pulse, please call 888-671-9395.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (888) 615-6481. 注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (888) 615-6481.

Well-being is about the small daily choices that we make. They add up to big gains over time.

Get started on the HR portal at Caregiver.eHR.com
Your spouse/ABR enrolled in your medical plan may enroll through psjhchooswell.org

PHS, PAC, KAD, INHS, UP