

## MyWellness

# A program that rewards you for being kind to yourself.

MyWellness helps you build healthy behaviors and rewards you for your progress.

It's simple, fun and designed for anyone.



## MyWellness in 2022

There are more than 100 ways MyWellness can inspire and motivate you, no matter where you are on your well-being journey. Eligible employees can earn rewards for completing a variety of activities, like mindfulness sessions, volunteering, eating healthy and much more.

**STARTING IN JULY**



**Sign up**

**BY OCTOBER 31**



**Earn points**

**BY NOVEMBER 30**



**Redeem points**



**Up to \$450  
in rewards  
for 2022**

## Who can participate?

Generally, full-time and part-time employees, and PRNs (On-call/Supplemental) who worked 1,000 hours or more in the prior calendar year, have full access to the MyWellness website and are eligible to redeem MyWellness Points for rewards. This includes CommonSpirit Health at Home and St. Alexius employees who meet these criteria. Spouses and dependents are not eligible.

Some facilities and represented employees may not have access to the MyWellness website and/or be eligible for a financial reward. This includes CHI Living Communities, Trinity Health System - Ohio, and Virginia Mason/Benaroya Research Institute.

**Hello humankindness®**

CommonSpirit 








# How to earn points & rewards

You earn points by completing eligible activities. When your points reach a level, you can redeem them for that level's reward.\* For example, when you've earned 2,000 points, you can redeem them for a reward of \$75. Earn 5,000 more points, for a total of 7,000 points, and you can redeem them for a second reward of \$100. Reach all four levels and you'll earn the maximum of \$450 in rewards for the 2022 program year.



## Earn \$75 just for getting started on the MyWellness website

You can find the complete list of activities and their MyWellness Point values on the Rewards page of the MyWellness website.

	<b>Complete</b> your MyWellness website registration	100 points
	<b>Connect</b> your first device	200 points
	<b>Submit</b> your Nicotine-free Agreement	100 points
	<b>Set</b> your interests	100 points
	<b>Complete</b> your Health Check survey	1,000 points
	<b>Log in</b> to the Virgin Pulse mobile app for the first time	250 points
	<b>Enter</b> a well-being goal	250 points
		<b>2,000 points</b>

## How to get started

To create your account, use your My HR Information Employee ID found on EmployeeCentral.

### From your work computer\*

- Visit EmployeeCentral > MyBenefits > Well-being Programs tab > View MyWellness Website.
- For Health at Home and St. Alexius, visit your local intranet.


\* You must be logged in to the CommonSpirit Health, Health at Home or St. Alexius network.

### From your home computer

- Visit [home.commonspirit.org/employeecentral/mywellness](https://home.commonspirit.org/employeecentral/mywellness)
- You will be directed to the login screen.
- Sign in to your login page and you will be successfully logged in to the MyWellness website.

### From your mobile phone

- Download the free Virgin Pulse app from the **App Store** or **Google Play**.
- Log in to the mobile app by entering the username and password you created when you created your MyWellness account.



### Need help getting connected?

Contact Virgin Pulse Member Services at 833.721.4094  
Monday through Friday, 8 a.m. to 9 p.m. ET.

\* You can redeem your rewards for contributions to your health account (if you participate in a CommonSpirit Medical Plan) or gift cards. If you are enrolled in a medical plan with a Health Savings Account (HSA), your health account contributions will be deposited in your HSA. If you are enrolled in a CommonSpirit Medical Plan that does not have an HSA, your health account contributions will be deposited in a Health Incentive Account. Gift cards are considered taxable income and will be reflected on your paycheck.