



DO THIS.



LIVE THIS.

Earn up to a \$100 well-being credit

USG cares about your health and well-being. You can **earn up to a \$100** well-being credit when you complete healthy activities by Sept. 30, 2018. The well-being credit is only available to employees and spouses covered on a USG healthcare plan and will be paid in November 2018.

The choice is yours! Select the method you like best—online, phone or in-person activities.

Get started today.

Employees covered on a USG healthcare plan: Visit connect-benefits.usg.edu. Log on under **Manage My Benefits** and click on **Well-being**.

Covered spouses:

ourwellbeing.usg.edu

USG has partnered with RedBrick Health for the well-being services. Your health information is confidential and will not be shared with the USG.

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University System of Georgia Benefits



we provide · you decide



UNIVERSITY SYSTEM OF GEORGIA
Well-being



833-724-4874



Healthy activities rewards chart

Employees and spouses covered on a USG healthcare plan can each earn up to a \$100 well-being credit for participating with **USG Well-being** programs! See how your healthy activities can add up, and get rewarded for living a healthy lifestyle.

HEALTHY ACTIVITY	WHAT YOU NEED TO DO	WELL-BEING CREDIT
Health assessment	Complete the health assessment.	\$50
Activity tracking	Track activity (to earn credit you must track at least 30 minutes of activity/day) for at least 30 days this year.	\$25
Financial coaching	Complete a financial coaching call or visit through Fidelity, TIAA or VALIC.	\$25
Digital coaching	Complete an online, self-directed well-being experience.	\$25 (\$50 max)
Wellness coaching by phone	Kaiser members: Enroll in a lifestyle coaching topic such as healthy eating, tobacco cessation, physical activity, stress management or weight management. BCBSGa members: Complete a health coaching phone call with a personal health consultant.	\$25 (\$50 max)
Community events	Participate or volunteer in events like a 5K run/walk or other local activities.	\$25
Earn		Up to \$100
Total possible reward per family: \$200		

The well-being credit is only available to employees and spouses covered on a USG healthcare plan and will be paid in November 2018. USG has partnered with RedBrick Health for the well-being services. Your health information is confidential and will not be shared with the USG. You may participate in the program all year, but you must complete activities by Sept. 30, 2018, and be a current employee at the time of payment to earn the well-being credit.

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