

CCPS Wellness - Wellness Program with Virgin Pulse



Cecil County Public School's wellness program makes it fun and easy to work on your wellbeing goals every day. Whether you want to sleep better, improve your eating habits, add movement to your day or simply take a few moments to be mindful, we have the tools and support to help you develop a healthy, rewarding routine.

Level up by completing the program requirements between April 1, 2023, and March 31, 2024, to earn your wellness incentive, up to a \$250 value!

Program Requirements:

- **Complete biometric screening:** Make an appointment at an onsite event in the fall, download a physician fax form, or request a lab voucher.
- **Complete 3 preventive care exams:** Stay healthy with routine checkups!
- **Reach level 3:** Choose from many activities to complete, challenge coworkers, and earn points to reach level 3!

Looking to join? Visit ccpswellness.org

Keep on tracking, no matter where you are.

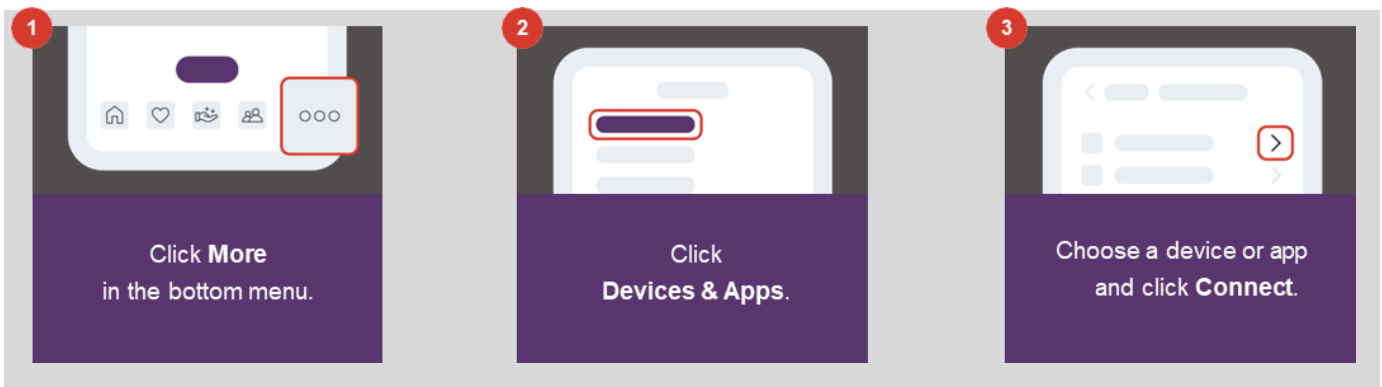
The fun doesn't stop when you leave work. The mobile app has all the same great features as the website – and even more convenience!

- ✓ **Get healthy tips** – complete your daily cards and explore new ways to eat better.
- ✓ **Compete in challenges** – rally your coworker for the latest company step challenge!
- ✓ **Track your progress** – record steps, healthy habits, and other activities.
- ✓ **Sync your activity** – be sure to sign into your mobile app at least once every 14 days so your data syncs and counts toward your activity goals.



Connect a device or app

Scan the QR code to download the Virgin Pulse app, then follow these easy steps:



Rewarding, in every way.

Small steps lead to big changes. We will help you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. With daily engagement, you can build healthy habits, challenge coworkers, and experience the lifelong rewards of better health and wellbeing.

It's your time to thrive. With more activities to track and new rewards available year-round, there are more ways to earn! Complete your program requirements and reach level 3 between the program dates of April 1, 2023 – March 31, 2024.

Create habits that matter. Earn points along your journey by tracking the activities below. Log in to see the many point-earning opportunities available.

- Sync your steps and exercise: connect a fitness tracker, your mobile device, or log manually
- Set your interests for personalized content
- Track your healthy habits daily
- Take the Health Check survey to get your health score
- Participate in Journeys, self-guided courses that help you build healthy habits
- Compete in organization-wide challenges
- Participate in healthy habit challenges
- Startup personal step challenges

FAQs

How do I qualify for rewards?

Once you complete 3 preventive care exams, your biometric screening, and reach level 3 you will qualify for the incentive! Track your progress on the wellness platform under the rewards page to make sure your requirements have been completed. A representative from CCPS HR will contact you to redeem your reward.

Can I backlog activities?

Steps and active minutes can be backlogged within a 14-day window. Healthy Habits can be backlogged within a 1-week window. Daily card points can only be earned in the current day and the opportunity to complete cards expire each day. Points for all other activities in the program can be earned and backlogged at anytime throughout the program year. If you have an activity tracking device connected, **be sure to sign into your Virgin Pulse app at least once every 14 days so your data syncs and counts toward your activity goals.**

Who can participate?

All eligible CCPS employees may participate in the wellness program.

Is the program mandatory?

No. The wellness program is a completely voluntary program. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve associate health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others.

What if I am unable to participate in the wellness program due to a medical condition?

Not sure if you can fully participate in this program because of a disability or medical condition? You may be eligible for alternative ways to participate. For more information, [check out our Support page answers](#) or [send us an e-mail!](#)

Ongoing member support: Chat support available 2am – 9pm EST, Monday – Friday via “Help” or “Chat” located on the platform when registering and once logged in.

Phone: 888-671-9395 | Email: support@virginpulse.com
Hours of phone/email support: 8am – 9pm EST, Monday – Friday