



**Earn chances for prizes each quarter!**

Creighton University  
Employee Wellness Program

# Build a better you

We are excited to launch another year of the Creighton Employee Wellness Program. This program offers you choices in how to engage with both an online wellness platform, onsite and remote wellness challenges and programs, group workouts and more!

Why are we doing this? We deeply care about your health and wellbeing, and want you to build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

### What's in it for you:

- Change to win the Quarterly Prize Drawings and a chance to win the Grand Prize Drawing!
- Access personalized tools and support to meet your wellbeing goals!
- FREE Biometric Screening!





# Creighton Wellness Platform

## How to get started

Not a member yet?

- Step 1**      **Sign up for your Virgin Pulse account** by going to [join.virginpulse.com/creighton](https://join.virginpulse.com/creighton) or download the Virgin Pulse mobile app. Already a member? Sign in at [member.virginpulse.com](https://member.virginpulse.com) or via the app.
  
- Step 2**      **Accept the terms and conditions** and choose your email preferences to get the latest tips and information.
  
- Step 3**      **Connect a device or app** to get credit for your wellbeing activities like steps, nutrition, and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.
  
- Step 4**      **Upload a profile picture** and add some friends.
  
- Step 5**      **Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!
  
- Step 6**      **Download the Virgin Pulse mobile app** for iOS or Android. Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

**Get the app:**



# Creighton Wellness Rewards



On the Creighton Wellness Platform, participate in healthy actions to earn points! Each quarter, everyone that hits the point threshold for each level will be entered into the Quarterly Prize Drawings!

Also, everyone that completes the online Health Check Survey (on the platform) & a FREE Biometric Screening (offered onsite, at a Quest Patient Service center or by taking the physician results form with you to the doctor) by 12/31/24 will be entered into our Grand Prize Drawings!


	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>Points</b>	5,000	10,000	17,000	25,000
	3/31/24	6/30/24	9/30/24	12/31/24

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

## Ways to earn:

	Do healthy things:	Earn points:
Entry into Grand Prize Drawing	Complete the Health Check survey	
	Complete a Biometric Screening	
Daily	Upload steps from your activity tracker (per 1,000 steps)	10-140
	Do your Daily Cards (2 per day)	20
	Complete a Journey Step	20
	Daily calorie tracking via MyFitnessPal	20
	Track sleep manually or upload from your sleep tracker	10-20
	Track your Healthy Habits (3 per day)	10
Monthly	Win the promoted Healthy Habit Challenge	200
	Complete 20 Daily Cards in a month	200
	Complete a coaching appointment	500
	 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
 20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500	
Quarterly	Set your interests	100
	Complete a Journey	150
Yearly	Healthy Events	750
	Invite a colleague to join (up to 5/year)	50
	Connect first activity device (onetime)	200

**Want to unlock the rewards at Levels 2, 3 & 4 quicker?** Do healthy things every

day and earn big rewards each month. Look for this symbol  for a sampling of

what you can earn.

**Earn bonus points!**

**Have questions? We're here to help.**

- Check out [support.virginpulse.com](https://support.virginpulse.com)  
Live chat: Monday-Friday, 2 am-9 pm ET
- Give us a call: 888-671-9395  
Monday-Friday, 8 am-9 pm ET
- Send us an email: [support@virginpulse.com](mailto:support@virginpulse.com)

# Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

## Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends and challenge one another to start a new healthy habit.

## Daily Cards

Every day, we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

## Health Check

This short, confidential survey accesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellbeing.

## Healthy Habit Tracker

Healthy Habits offer you bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful.

## Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

## Media Library

With a large catalog of curated videos, led by our team of trainers and coaches, we're here to help you reach your wellbeing goals. Whether you are looking for exercise, mental wellbeing, nutrition or sleep content, we got you!

## Coaching

Meet with a certified health & wellness coach to discuss your goals. Whether you are trying to improve your nutrition, physical fitness, reduce stress, improve sleep, stop smoking or more the coach will help you set a goal and stay accountable!

## Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

## Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

## Topics of Interest

We've made it simpler than ever to get to the information you want. Explore the section to find what you need – fast.





## Here is a glance at what's happening in 2024!

\*schedule is subject to change\*

January	2024 Creighton Employee Wellness Program relaunches- <i>January 1!</i>
February	Go Move Challenge- <i>2/1 – 2/29</i>
March	Nurturing Your Microbiome- <i>Healthy Lifestyle Program</i>
April	BLUR- <i>Work/Life Balance Wellness Challenge</i>
May	Men's & Women's Health- <i>Lunch &amp; Learns + Healthy Lifestyle Program</i>
June	Creighton Wellness Platform- <i>Destination Challenge</i>
July	No Junk- <i>Wellness Challenge</i>
August	Creighton Wellness Platform- <i>Destination Step Challenge</i>
September	Stress Reduction September! Onsite Biometric Screenings Starting!
October	Head Games- <i>Lifestyle Management Program</i>
November	Hold the Holidays- <i>Wellness Challenge</i>
December	

### Wake Up Workouts

Join your co-workers for a fun, guided workout before work! Nick Cox leads these small group workouts that include a mix of strength training and cardio working the entire body! FREE for all benefit eligible faculty and staff. Keep your eyes on Creighton Today for upcoming sessions!

### Healthy Bite Seminars

Throughout the year, the Wellness Council will host onsite and remote lunch & learns featuring speakers on different health/wellness topics.

### Collaborations & Partnerships

Keep your eyes out for events & activities that the wellness program collaborates with other partners on campus such as Office of Sustainability, Mission & Ministry, Recreation and Wellness and more!