

2020 USG Well-being

OUR JOURNEY. OUR WELL-BEING
BE A PART OF THE JOURNEY



New virtual team challenge starting soon!



Get ready for your next virtual team challenge!

- The Virtual Fall College Tour Challenge starts on August 17, 2020. This is your chance to team up with colleagues to get active and start a little healthy competition. Here's how:
 - [Go to the team challenge page!](#)
 - Join a team (they'll be happy to have you).
 - Make sure your activity tracker is connected to get credit for all your hard-earned steps.
- Here's how to get started if you haven't already registered for the new 2020 platform:
 - Register your account. You need to create a new username and password.
 - Employees: Register through One USG Connect - Benefits at oneusgconnect.usg.edu. > click on Manage My Benefits > click on the USG Well-being tile from the home page.
 - Spouses: Register through ourwellbeing.usg.edu.



Virtual Fall College Tour Challenge

- About the Challenge

- We're going on a virtual college tour! Take the fall challenge and visit all 26 University System of Georgia campuses. Your steps at home or at work will convert to mileage and will move you virtually between the institutions, which cover the state from the mountains to the coast and from the Chattahoochee to the Savannah rivers.

- Challenge Rules

- This challenge starts on August 17, 12 a.m. local time, and ends on September 27, 11:59 p.m. local time.
- The last chance to upload your steps is September 28, 11:59 p.m. local time. Steps uploaded after this date won't be counted in the final results. Try uploading daily—it's more fun!

- Teams

- Teams can have up to 10 participants.
- You can join an existing team or create a new team. It's up to you!
- Either way, try to have a full team of 10 to maximize your score.



Virtual Fall College Tour Challenge

■ Earn Rewards

- Employees and spouses enrolled in a USG healthcare plan can earn \$25 toward their \$100 USG well-being credit by tracking steps each week of the USG Fall College Tour Challenge.
- Did you waive healthcare benefits? No worries, you can still participate and earn a prize drawing entry for tracking steps each week of the challenge.

■ Scores

- Team scores are based on total team steps. The more steps your team gets, the better your score.
- To contribute to your team score, upload steps from a fitness tracker or app.
- You can get credit for a maximum of 30,000 steps per day (so aim high)!
- The team with the most steps at the end of the challenge wins.



Virtual Fall College Tour Challenge

- Destinations

- As you go, try to unlock each destination with your team.
- If you unlock all the destinations before the challenge ends, keep walking. Another team could pass you on the Challenge Leaderboard.

- Good to Know

- The Fall College Tour Challenge is a motivational metaphor. You don't have to physically visit each campus. You are unlocking destinations across the state based on the number of steps you take in your activities.
- Participant names and step counts may be shared with other challenge participants and administrators.
- You have up to 14 days to go back and enter steps prior to the upload deadline. Skip the heartache—join before the challenge starts and track daily!



Participate in Weekly Well-being Events

- Attend virtual USG Well-being events. USG Well-being will be hosting live virtual events. The attendee links will be available on the USG Well-being Events page.
 - <https://www.usg.edu/well-being/events>

Aug 2020 13	Take 30: Stand Up and Stretch @ 10 a.m. (Click here as an attendee when it is time for the live event.)	Aug 2020 13	Live Cooking Demonstration @ 12 p.m.
Aug 2020 13	Make Your Money Work for you: A Debt Management Plan @ 3 p.m.	Aug 2020 14	USG Kids Dance Party @ 10 a.m. (Click here as an attendee when it is time for the live event.)
Aug 2020 14	Virtual Guided Meditation @ 12 p.m.	Aug 2020 14	Managing Your Weight @ 12 p.m. (Password: Thrive123)



Available Services Through KEPRO

- KEPRO
 - Employee Assistance Program (EAP)
- EAP Services are available to employees and their dependents
- Confidential
- EAP Counselors are available 24/7/365 via 844-243-4440
- Up to 4 in person counseling sessions
- Management Consultations
- Financial/Legal Consultation & Referral Services
- Childcare/Eldercare Consultation & Referral Services
- Convenience Services
- www.EAPHelplink.com Company Code: USGCares



USG FINANCIAL COACHING

- Schedule a free phone or virtual confidential appointment with a financial coach. Get answers to your financial questions and become better prepared for your future.
- A consultation with a financial coach provides:
 - Help with maximizing your retirement savings and other financial goals.
 - Planning from a seasoned investment professional - at no additional cost.
 - A convenient time and location to meet - right at work.
- Make your appointment:
 - CAPTRUST: Sign up [online](#) or call (800) 967-9948
 - Fidelity: Sign up [online](#) or call (800) 642-7131.
 - TIAA: Sign up [online](#) or call (800) 732-8353.
 - AIG Retirement: Sign up [online](#) or call (866) 279-1444.
- TRS members can work with a TIAA or AIG financial coach.



QUESTIONS?

For questions regarding the program,
email usgwellbeing@usg.edu
or call 833-724-4874.

Farrah Williams, M.Ed., ACSM-CPT
System Wellness Program Manager
O: (404) 962-3247 | C: (770) 609-0535
E: Farrah.Williams@usg.edu

