



USG Well-being

February 17, 2021

- 3 In order to qualify for well-being credits in 2021, the employee and/or their spouse must be enrolled in a USG healthcare plan, must register on the USG Well-being platform, AND complete a Health Assessment in 2021.
- 3 Employees enrolled in the USG healthcare plan and their eligible enrolled spouses are eligible to earn the credit.
- 3 Expanded activities to earn the credit – information is available on the USG website - <https://>

Well-being - Challenge

Food Around the Globe Challenge – begins Monday, Feb. 8 and ends March 21!

3 Participate in a virtual steps challenge around the world

3 Add up steps and reach destinations, they unlock recipes for local cuisine

3 New – this year, employees who complete the challenge can earn rewards!

3 Employees and spouses enrolled in a USG healthcare plan can earn \$20 in 2021 USG Well-being credits for completing a challenge

3 Must track each week to qualify

3 To Join the Challenge

Sign in to or register your USG Well-being account:

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 – or Employees and Spouses: Register through ourwellbeing.usg.edu.

Go to the team challenge page, Join an open team—or make a new one!

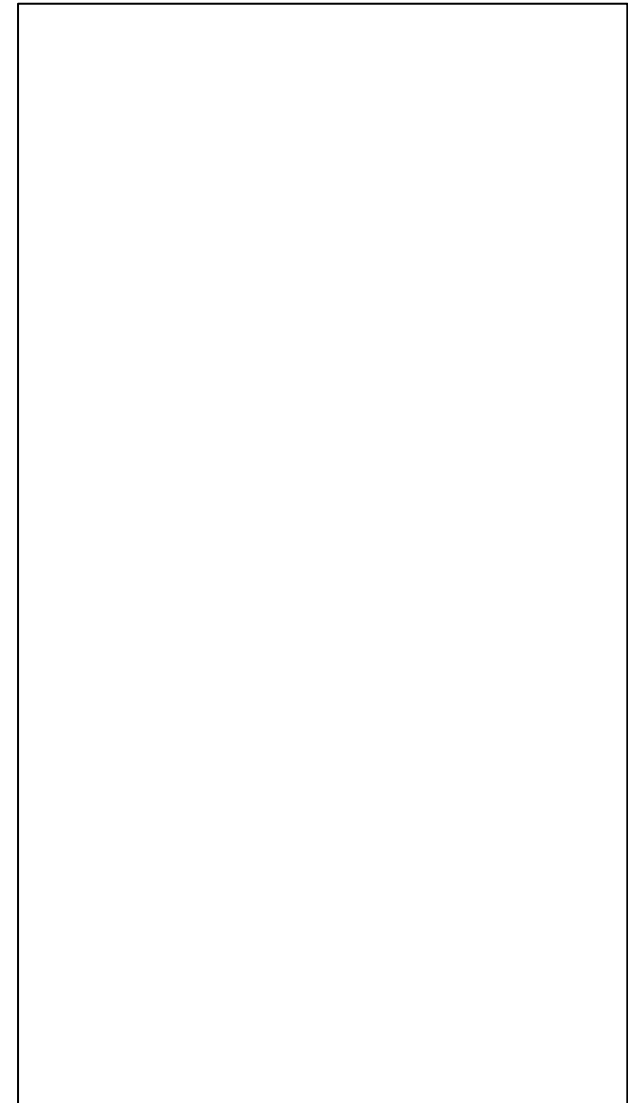
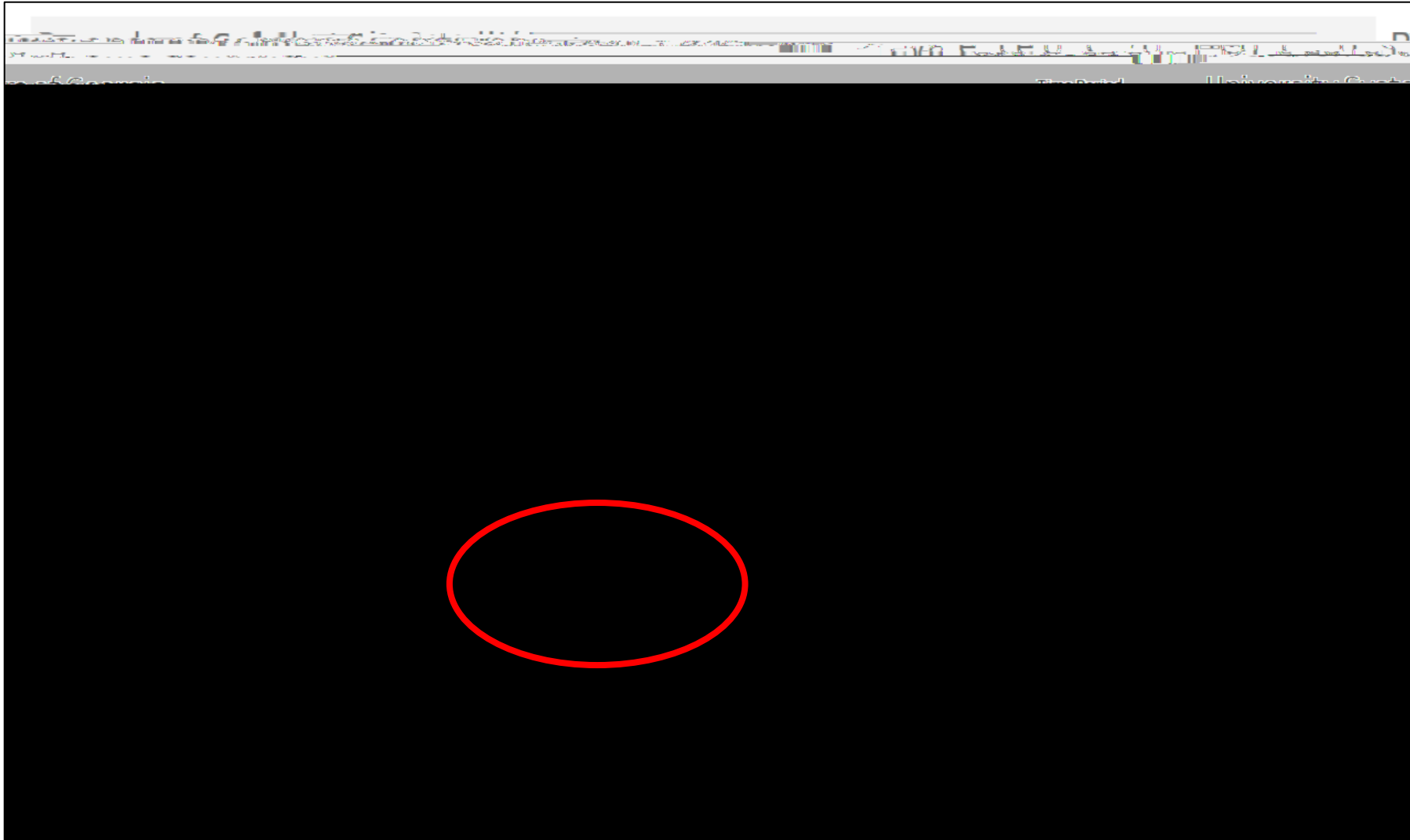
Make sure your activity tracker is connected to get credit for all your hard-earned steps





Mental and Emotional
Well-being
USG Faculty and Staff

Snapshot



Mental Health and Emotional Well-Being

Working on putting together a resource guide and toolkit for campuses to communicate resources and implement mental health programming.

To be released tentatively – May/June 2021

Currently talking with groups to get feedback about campus needs and collecting data – USG data available through Anthem, Virgin Pulse, Kepro and state and national data

Keipro Employee Assistance Plan

https://www.usg.edu/well-being/site/article/usg_employee_assistance_program

[Learn more.](#) Your company code is: USGcares
1-844-243-4440; Available 24/7; 365 days a year

Counseling and Life Resources

Up