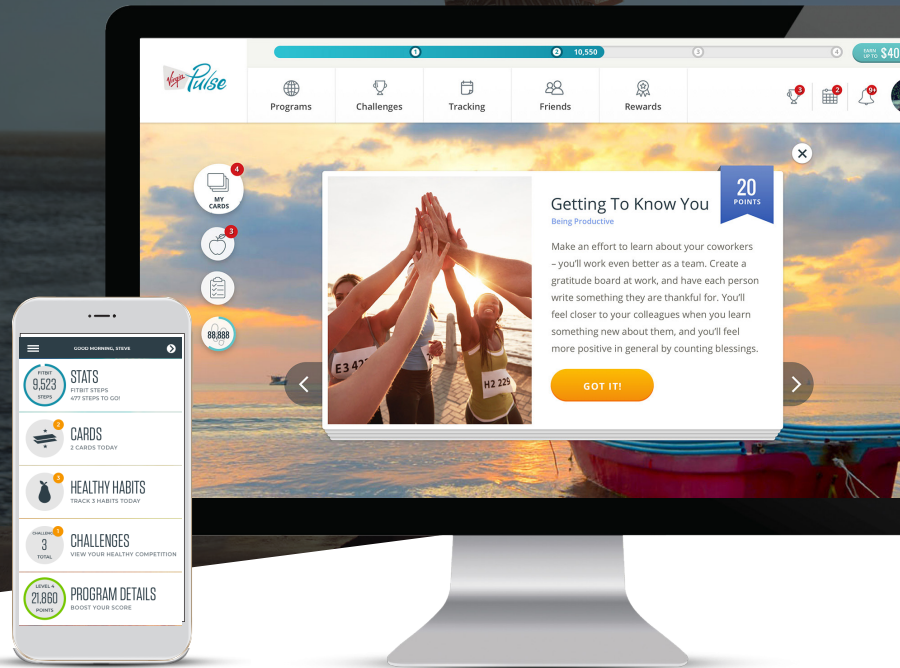


# Riverside Sheriffs' Association 2020 Wellness Program User Guide

New tools to help  
you be your best.

Small steps lead  
to big changes.



Riverside Sheriffs' Association (RSA) offers a **free, simple-to-use wellbeing program** from Virgin Pulse. Build healthy habits, have fun with coworkers, and experience the lifelong rewards of better health and wellbeing. Earn up to \$200 in Pulse Cash per year (a maximum of \$50 Pulse Cash per quarter) — simply by getting active and making healthier choices.

**Sign up now**  
**Already a member?**

[join.virginpulse.com/RSAwellness](https://join.virginpulse.com/RSAwellness)  
[member.virginpulse.com](https://member.virginpulse.com)



# New tools to help you be your best.

Welcome to the new and improved RSA Wellness program!

We strongly believe that the everyday choices we make can help us live healthier and happier—both on the job and at home. Because we care about our member's health and well-being, the RSA Benefit Trust will be offering exciting new online tools and resources as part of your overall benefits package.

With Virgin Pulse, you can:

1. Determine your current health status by taking an online personal health assessment
2. Set reasonable goals for losing weight, exercising more, lowering your blood pressure, or managing stress
3. Track your progress and set new goals using interactive tools
4. Earn significant financial rewards for participating in your health

Encourage your fellow deputies to commit to better health. After all, what better teamwork and support network could you have than the people you see every day? I, myself, will be working toward my own health goals, in an effort to do everything I can to help keep our insurance costs down. By incorporating diet and exercise into my everyday routine I can reduce my need for cholesterol-lowering medications. By not using those medications I will be helping keep our insurance costs down.

You'll see posters and fliers throughout the various work locations promoting this initiative. If you have questions about the program feel free to contact the benefits department or the Trust Administrator, Brown Insurance Services.

Join us in good health,

Ron Furtado  
Chairman  
RSA Benefit Trust

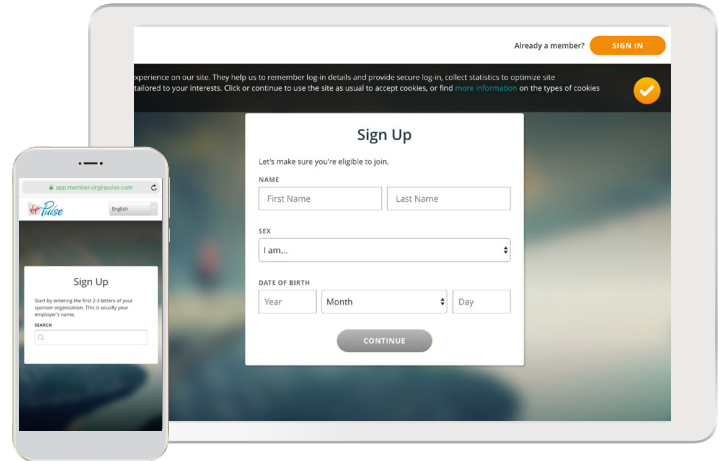
Bill Young  
President  
Riverside Sheriffs' Association



# How to get started:

## Step 1

Sign up for your Virgin Pulse account by going to [join.virginpulse.com](http://join.virginpulse.com). (Already a member? Sign in at [member.virginpulse.com](http://member.virginpulse.com))



## Step 2

Accept our terms and conditions, and choose your email preferences to get the latest tips and information.

## Step 3

Connect a fitness tracker to get credit for your steps, active minutes, and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

## Step 4

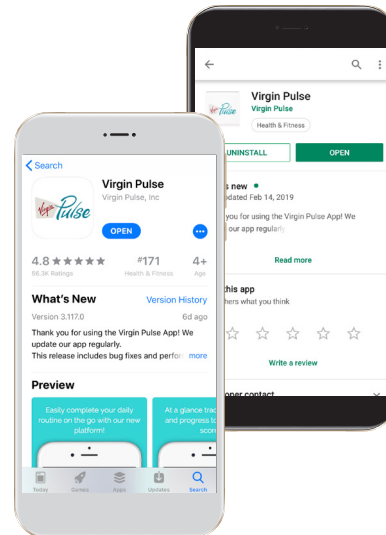
Upload a profile picture and add some friends.

## 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.



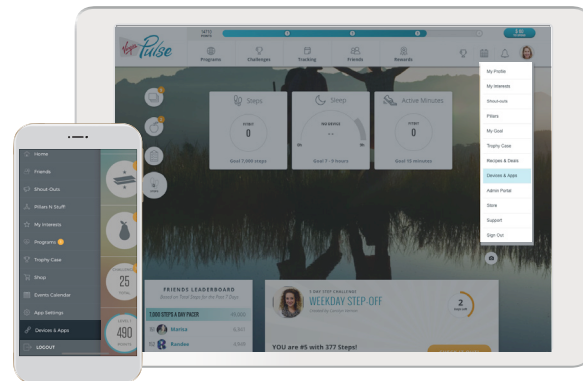


## Connect a fitness tracker

Keep track of how well you're doing by using a fitness tracker or your mobile phone.

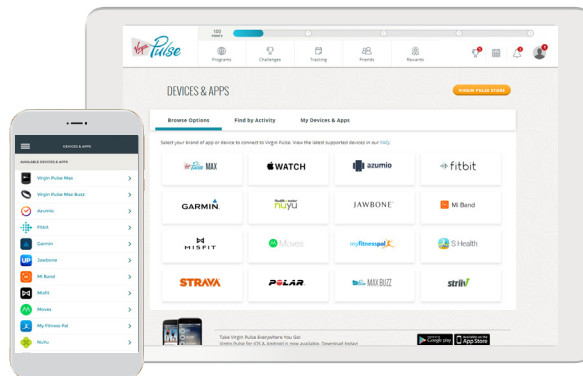
### Step 1

Go to **Devices & Apps** in the menu.



### Step 2

Choose the device you'd like to connect.



### Step 3

Follow a few simple steps. You'll see instructions right on your screen.

### Don't have a device?

You can order a fitness tracker in the Virgin Pulse store or connect to one of our free, compatible devices and apps to track your daily steps. Check out your options by going to the **Devices & Apps** section.

## Start stepping

Start getting active and tracking your steps, calories consumed, workouts, and sleep data. Look for small improvements over time and celebrate your accomplishments.





# See a clear picture of your health

The best place to start is by taking the Health Risk Assessment. This confidential, short survey assesses your health across seven factors, from mental health to fitness. You get a personalized report and actions to take!

## Step 1

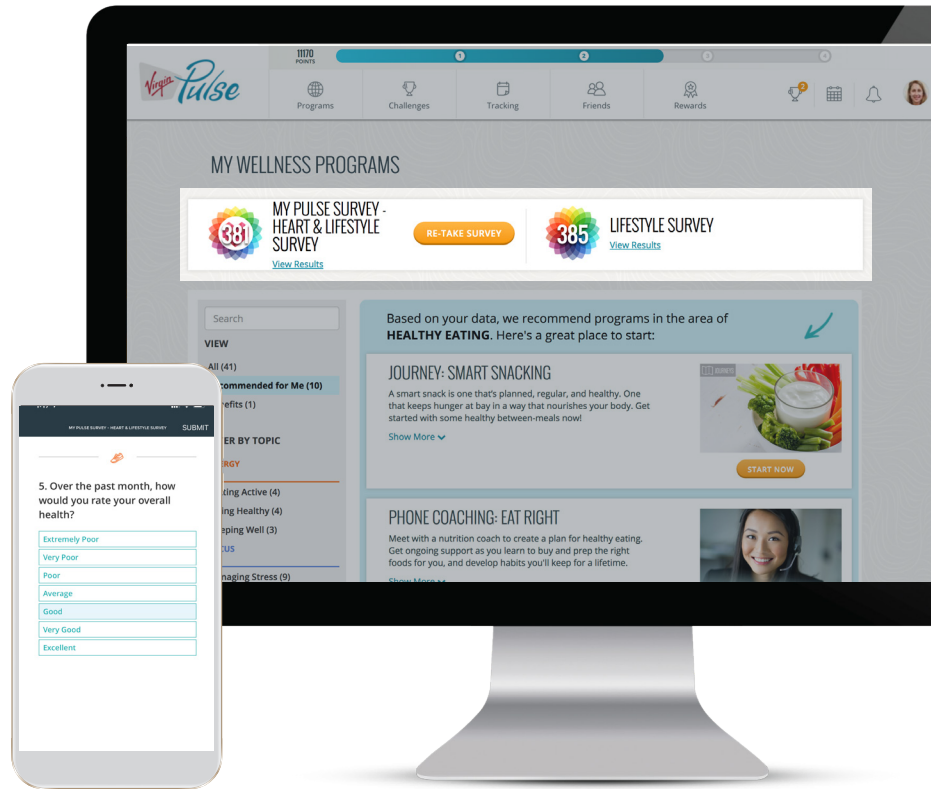
Go to **Programs** in the menu.

## Step 2

Take the Health Risk Assessment and get a clear snapshot of your health.

## Step 3

Complete a biometric screening.





## Get quick, simple tips

Learn easy-to-do, daily tips to help you get more active, eat well, manage life's ups and downs — and much more.

### Pillars and Topics

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

### Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

### Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

### Daily Cards

Every day we'll send you 2 new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

### Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

### Whil Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

### Journeys<sup>®</sup> Digital Coaching

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

### 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.





# Build daily healthy habits

We'll give 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.

## Step 1

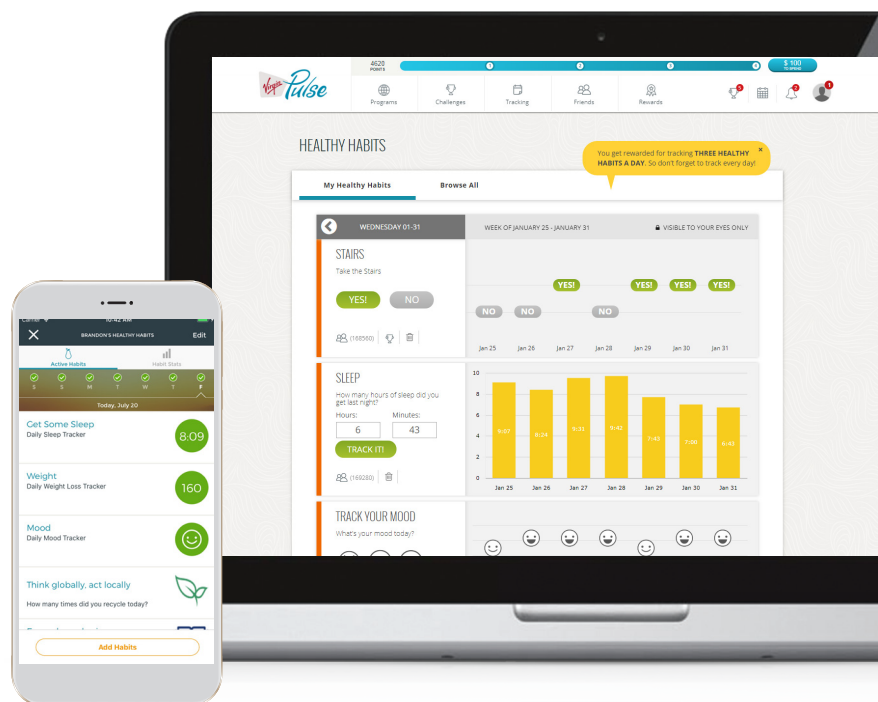
Choose a healthy habit you'd like to work on.

## Step 2

Work on it, little by little, every day.

## Step 3

Experience the rewards of better health and wellbeing!



# Experience the rewards of being the best version of you

When you make small changes every day to your wellbeing, you'll feel healthier, happier, and more energetic.

## Rewards

Earn points for the healthy activities you do! These points turn into rewards that you can spend.

Earn up to \$200 in Pulse Cash (up to \$50 in Pulse Cash per quarter).

## Trophies

Who doesn't love celebrating with a trophy? Collect them all as you go!



**Do**  
Healthy Things



**Earn**  
Points



**Celebrate**  
Success

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

Check out [support.virginpulse.com](https://support.virginpulse.com)  
Live chat on [member.virginpulse.com](https://member.virginpulse.com)  
Monday — Friday 2:00 am to 9:00 pm EST

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at [support.virginpulse.com](https://support.virginpulse.com).

Already a member? Log in at [member.virginpulse.com](https://member.virginpulse.com)

**Give us a call:**  
(888) 671-9395  
Monday — Friday  
8:00 am to 9:00 pm EST

**Send us an email:**  
[support@virginpulse.com](mailto:support@virginpulse.com)

