

# *Walking Program*

Sign up for the TAC Walking Program and step up your commitment to health. The earlier you enroll and become active, the sooner you'll start seeing the benefits: more energy, lower health risks and greater vitality to focus on your job and family.

The Texas Annual Conference of the United Methodist Church (TAC) has partnered with the Center for Health (a division of the Methodist General Board of Pension and Health) to bring the Walking Program to our clergy, laity and spouses that are currently enrolled in the Group Health Plan. **Attending a Day of Wellness is not required.** The program is administered by Virgin Pulse.

## *How to Enroll*

TAC is sharing the cost with the participants. Each participant will pay only 14.99 online, using a credit card to purchase a pedometer. Virgin Pulse then sends out the MAX pedometer and creates a personal LifeZone webpage for each individual to use to track their progress.

Sign-up at: [www.virginhealthmiles.com/txumc](http://www.virginhealthmiles.com/txumc)

You will be asked to provide some personal information, including your name, district, birthday and email address. If you experience problems signing in, please contact Virgin Pulse at 1-800-830-4312. Couples cannot share an e-mail address. Each enrollee must have their own unique e-mail address.

## *What to Expect*

When the pedometer arrives, activate the MAX by following the package instructions and plugging in the MAX pedometer to your computer or download the Virgin Pulse App onto your iPhone or Android phone. If you need help contact the Virgin Pulse customer service department at 1-800-830-4312.

The MAX pedometer is the key to tracking each participant's steps every day. Periodically, plug in the pedometer into the USB port of your computer or sync to your phone. The steps logged will automatically upload to the personalized webpage.

The MAX will store up to two weeks' worth of data, after that it erases the memory. So plan to upload several times a week. Don't wait! Don't lose your steps!

The MAX pedometer is waterproof to an extent but not dryer proof. Remember to remove it from a pocket before the wash. Replacement pedometers will be purchased at full price by the individual.

## *Earning HealthMiles*

Participants earn HealthMiles by tracking their physical activity on their MAX pedometer and uploading accrued steps to their individualized participant accounts. HealthMiles are credited depending on the daily step level achieved:

- Fewer than 7,000 steps = 20 HealthMiles
- 7,000 to 11,999 steps = 60 HealthMiles
- 12,000 to 19,999 steps = 80 HealthMiles
- 20,000 or more steps= 100 HealthMiles (maximum daily amount)

HealthMiles also are earned for making activity journal entries on the LifeZone webpage and using a Polar Heart Rate Monitor (purchased separately) to upload activity to Virgin Pulse.

## *Earning Rewards*

Reaching individual goals will earn the participant **\$75 each quarter**. In 2015, quarters will be designated as: January through March, April through June, July through September and October through December.

**In 2015, an "End-of-Year Bonus" of \$150, will be posted to each account for completing goals in all four quarters of 2015, \$100 for three quarters and \$50 for two quarters. Bonuses are posted in January of 2016.**

Periodic district and individual challenges/contests will be announced during the year.

The Virgin Pulse system will deposit the individual rewards into an online account that can be viewed on the participant's LifeZone webpage. Dollars can be converted to gift cards or transferred directly to an individual's bank account.