



## EXCITING UPDATES in 2016!

Your Virgin Pulse program just got even more engaging! This January, you'll have the

opportunity to make your way through the levels and earn rewards four times a year!

**What's changing?** A new quarterly levels game where you strive for level 5 each quarter, instead of just once a year.

**How does it work?** Play the levels game every quarter. Start at level 1, earn as many HealthMiles as you can, earning rewards along the way. At the end of each quarter, your rewards are banked, and your game starts all over again. Reach level 5 and earn \$125 for that quarter, or \$500 total for the year!

**What do I do next?** Keep earning HealthMiles the same way you always have. But now, get ready to feel great and get rewarded four times a year as you jump through the five levels each quarter. In each quarter of 2016 you'll have a chance to start over so if you fall a little behind, you can always catch back up.

**Don't forget to upload!** Your new quarterly game format starts on January 1, 2016. Be sure to upload your steps on or before December 31, 2015 to get full credit for your current program.



# BATHROOM BANTER

November 2015 (210) 207-WELL wellness@sanantonio.gov

Looking for extra ways to earn HealthMiles before the Quarterly Games start on January 1, 2016? Check out the **Sprint to the Finish Challenge** to boost you to the next level with up to 750 HealthMiles!!



Week	Date	Goal	HealthMiles
1	11/16-11/22	Take 50,000 total steps	150
2	11/23-11/29	Take 60,000 total steps	150
3	11/30-12/6	Take 70,000 total steps	150
4	12/7-12/14	Take 80,000 total steps	150

**Bonus: Earn 150 HealthMiles for reaching the goal all 4 weeks!**

## November Education Sessions

### "Leaner Ways for the Holidays"

Presented by James Williamson,  
UHC Health Coach  
**11/5, 3:15pm-4:00pm**  
Pre-K 4 SA South Education Center,  
Training Room 2

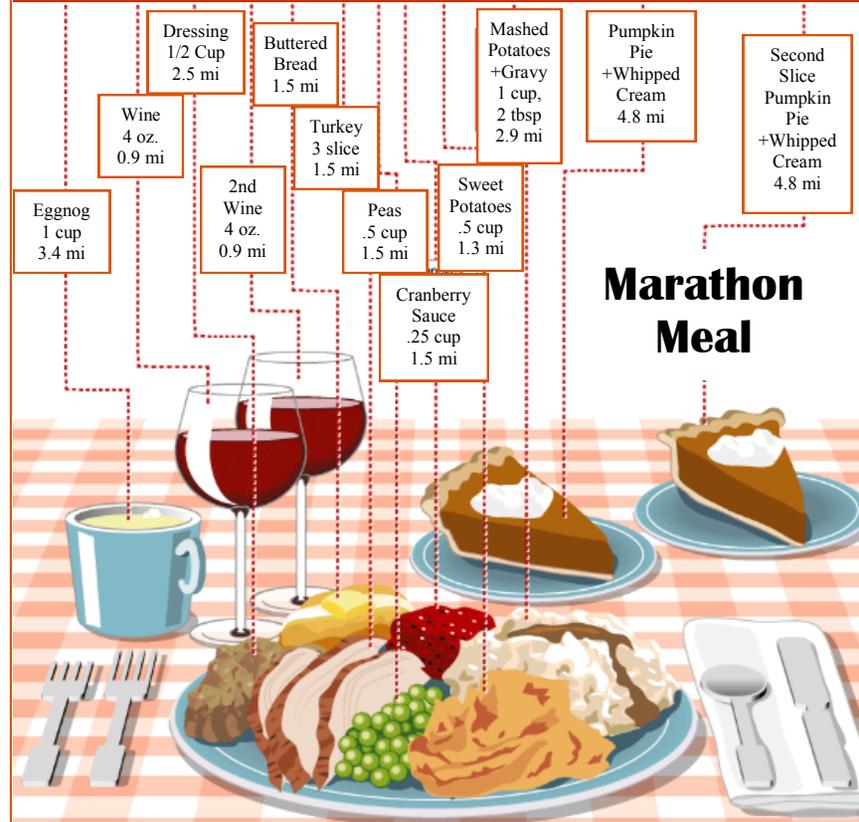
Presented by Jennifer Cavazos,  
UHC Health Coach  
**11/18, 11:30am-12:30pm**  
International Building, Rio Ballroom

### Employees will learn:

- 10 survival tips for holiday eating
- Strategies to avoid weight gain
- Coping with holiday stress
- Family health history
- Coping with tough economic times
- Keeping the holiday cheer

Questions? Contact  
wellness@sanantonio.gov

Our bodies burn calories with exercise at a rate of around 100 calories per mile, running or walking, over level terrain. To burn off a standard Thanksgiving dinner, we would have to stroll a 26.2-mile marathon.



## MEMBER REWARDS

Each Quarter

POINTS EARNED	0-1,999	2,000-3,999	4,000-5,999	6,000-8,999	9,000+
REWARDS	\$0	\$15	\$25	\$35	\$50

\*Awards tallied on a per quarter basis

**Questions?** Contact us today!  
**Employee Wellness:** 210-207-WELL  
wellness@sanantonio.gov  
**Virgin Pulse:** 866-852-6898  
support@virginpulse.com

**Join Today:** join.virginpulse.com/cityofsanantonio