

Build a better you

Pitkin County's Health and Well-Being Program gives you the tools to get active, stay healthy and well, and live better every day.

How to Get Started:

- 1. Activate your Virgin Pulse account.** Go to <http://join.virginpulse.com/pitkincounty> and enter your First/Last Name, DOB and state of residence. Click CONTINUE to read and accept privacy notices. Click CONTINUE to finish profile setup by entering preferred email address and password.
- 2. Download the Virgin Pulse mobile app for iOS or Android.** Search for "Virgin Pulse" in either the Apple Store or Google Play. Once downloaded, log in with your username and password you created during the enrollment process.
- 3. Connect an Activity Tracker.** To connect via the web platform, click the Profile icon in the upper right corner, choose "Devices & Apps" from the menu, and choose your brand of app or device. NOTE: Apple Health and S Health can only be connected (or disconnected) using the Virgin Pulse app on your mobile device. To connect via the mobile app, open the Virgin Pulse app on your mobile device, tap the menu (3 horizontal lines) in the top left corner and choose "Devices and Apps" from the left menu.
- 4. Upload a profile picture, add friends, and add your well-being goal.** To upload a profile picture, click the Profile icon in the upper right corner and choose "My Profile". Click "Profile Photo" to upload a photo. Scroll down the page to add co-workers and/or friends and family by clicking "Add Friends" and to add a well-being goal click "Go Set A New Goal Now".





Employees and their County health insured legal partner must complete the below required actions by 10/31/21 to qualify for the 2022 Health insurance Premium Discount.

Below Actions are Listed under “Rewards” in Your Virgin Pulse Portal

Complete your Primary Care Preventive Care Wellness Visit. Complete your Preventive Care Visit with your Primary Care Provider (PCP) to earn this reward. If your PCP uses an Aspen Valley Hospital (AVH) lab (Aspen or Basalt location) or MidValley Family Practice you won’t need to submit the PCP Preventive Care Wellness Visit Verification Form, and your health screening results will be uploaded to your Virgin Pulse portal. You’ll need to submit a PCP Verification Form if your PCP doesn’t use an AVH or MidValley Family Practice lab, or isn’t part of the Valley Health Alliance (VHA) Primary Care Network. The VHA Primary Care Network provider list can be found on the Programs page.

NEW PCP Health Screening process this program year for employees/legal partners using a VHA Primary Care Network provider via AVH labs or MidValley Family Practice. [Click here for details and more information.](#) Remember to identify yourself as a Pitkin County employee or spouse/legal partner to ensure you get the identified free labs you need.

Complete the Health Check survey (health assessment) via your Virgin Pulse portal.

Complete 3 Different Preventive Screenings & Exams and self-report them in your Virgin Pulse portal. Choice of screenings to log: Alcohol Use Screening, Bone Density Test, Breast Self-Exam, Colonoscopy, Dental Exam, Flu Shot, Hearing Exam, Mammogram, Mental Health Screening (Depression &/or Other), Pap Smear, Prostate Exam, Skin Exam & Skin Cancer Screening, Testicular Self-Exam, Vision Exam, Well Woman Exam, and Other Cancer Screening.

Attest to being Tobacco-Free or Complete a Tobacco-Free Success Plan if Tobacco User.

Even though it’s ideal to quit tobacco, you just have to engage in one of the many Tobacco-Free Success Plans even if you don’t end up quitting.

There are a number of exciting new features to support you on your path to better health and well-being, including:

Step Challenges and Healthy Habit Challenges	Credible health resources and tools
Improved health tracking	Journeys (daily, self-guided courses to help you build healthy habits)
Fitness device integration	Engaging social options
Valuable health support to help meet your health and well-being goals	Invite friends or family members outside of Pitkin County as your support system

For general inquiries, password resets, or issues with the platform/app, contact Virgin Pulse customer service at **888-671-9395** or email support@virginpulse.com.

For questions specific to the Pitkin County Health and Well-Being Program, contact Joanna Rybak, Health & Well-Being Program Administrator at **970-230-1073** or email joanna.rybak@pitkincounty.com.



Not a member yet?

Get started today by going to

<http://join.virginpulse.com/pitkincounty>

