

The WCSD Wellness Program

How to complete your Health Assessment on Virgin Pulse

If you have health insurance with WCSD, please complete your Health Assessment between September 1, 2022 - December 1, 2022 to activate your health premium discount for the 2023 calendar year.

Have you registered for Virgin Pulse in the past?

Yes

1. Sign into your Virgin Pulse account
2. Click the "Health" Tab at the top of your screen.
3. Click the "Health Assessment"

No

1. Enter your name, gender, and date of birth.
2. Click "Continue" to verify you are eligible to join.
3. Please read and agree to Virgin Pulse's Data Consent, Privacy Policy, and Membership Agreement.
4. Enter your information into the fields that follow.
5. Click "Let's Get Started"

Once you are logged in...

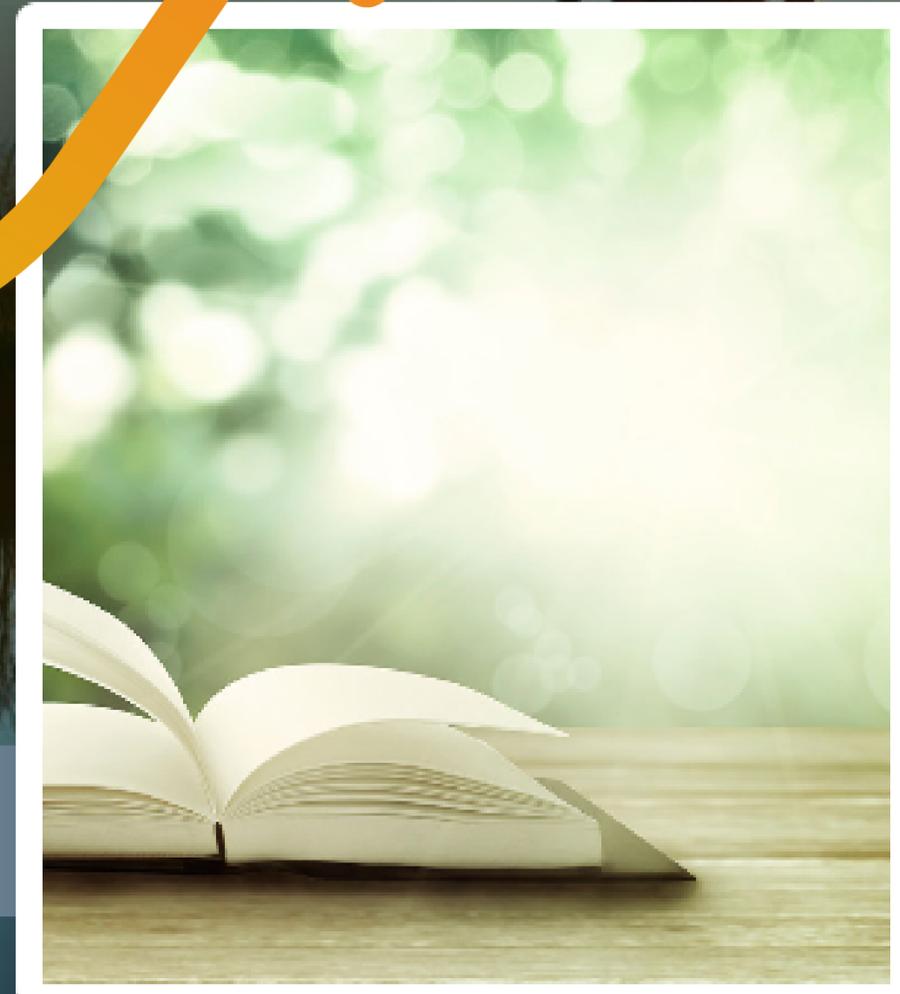
If you are completing the Health Assessment on your computer, go to page 4 of this guide.

If you are completing the Health Assessment on your smart phone, go to page 8 of this guide.



Wellness Program

Click the "Health" Tab at the top of your screen.



Sleep Journal

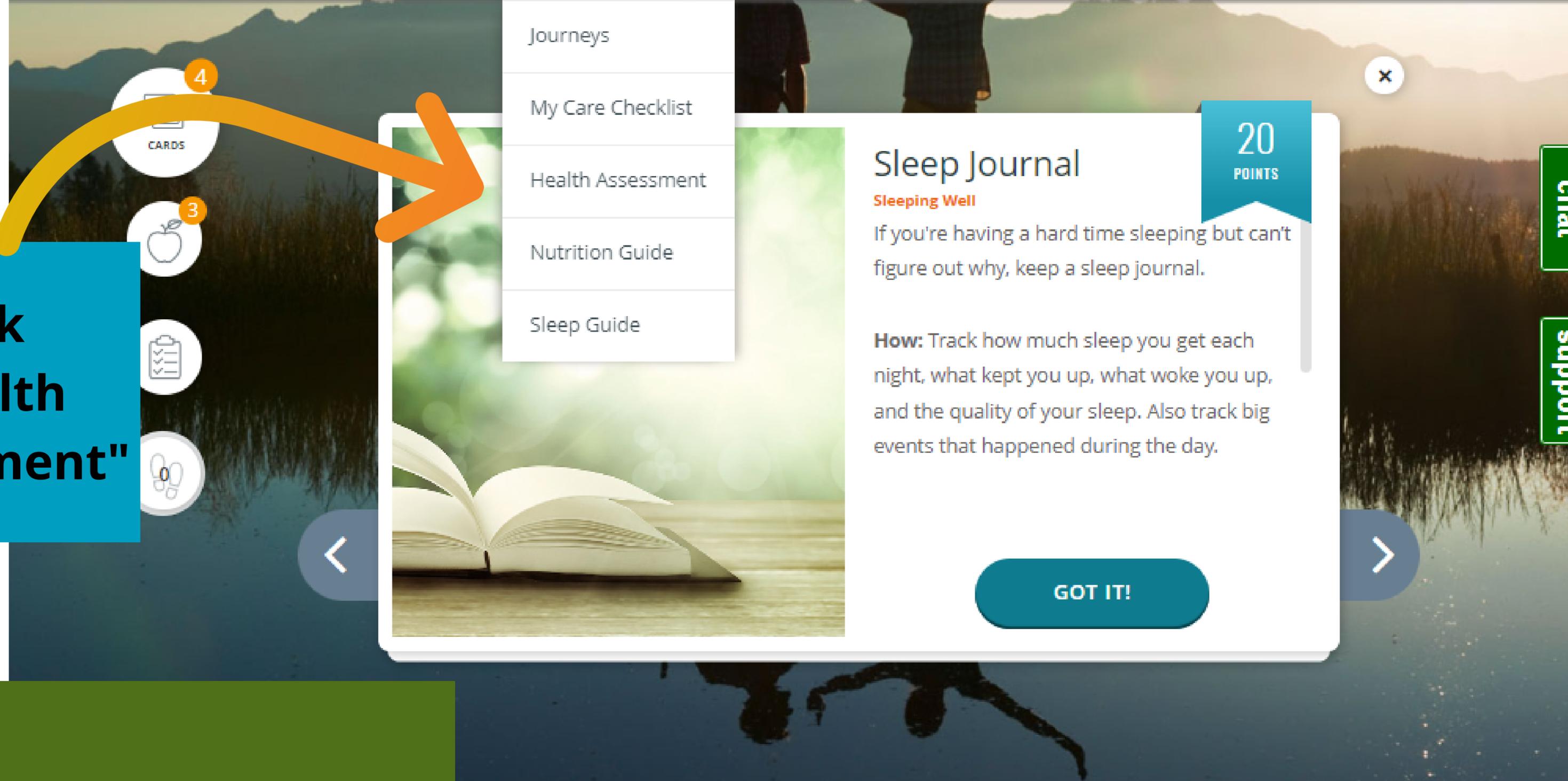
20 POINTS

Sleeping Well

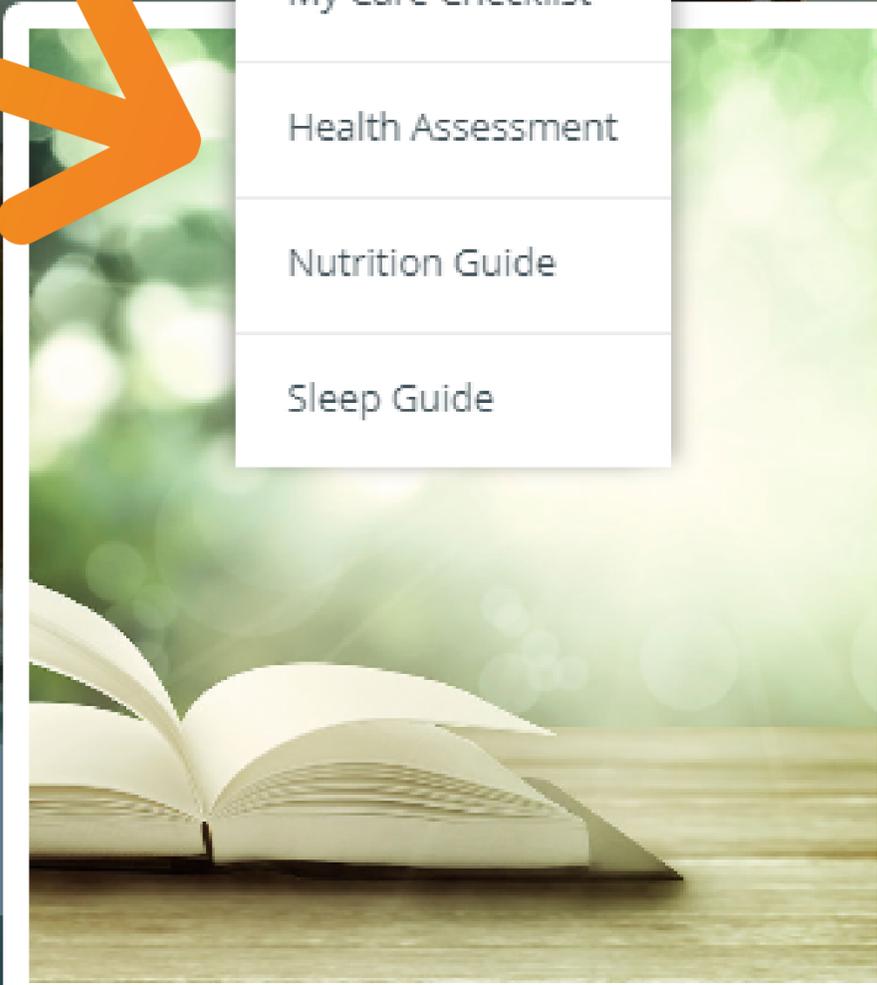
If you're having a hard time sleeping but can't figure out why, keep a sleep journal.

How: Track how much sleep you get each night, what kept you up, what woke you up, and the quality of your sleep. Also track big events that happened during the day.

GOT IT!



Click "Health Assessment"



GOT IT!



Washoe County School District
Every Child, By Name And Face, To Graduation™

2980
POINTS

1

2



Home



Health



Benefits



Social

Your Surveys

Keep tabs on your active surveys and past results.



Health Assessment

Click
"Health
Assessment"



Introduction



Everyday
You



Energy &
You



Your
Body &
You



Results

Welcome!

Here's how it works:



Take a quick survey



Receive a health summary



See how you're doing in key areas



Unlock fun ways to improve

Note: this survey is not intended to be a medical diagnosis or a substitute for professional medical advice. Please talk to your doctor if you have any questions.

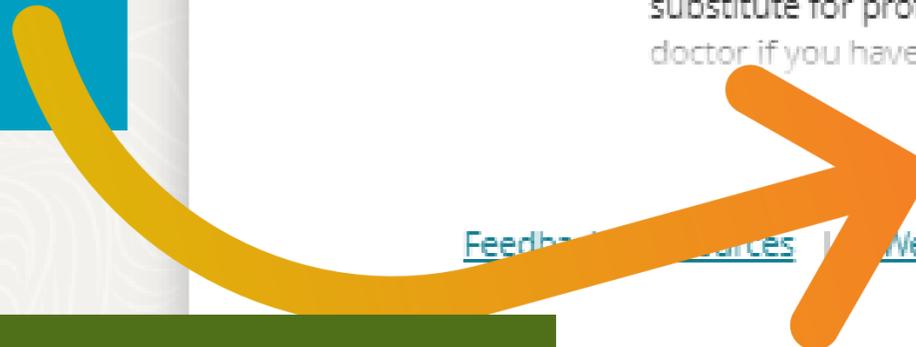
[START THE SURVEY](#)

[Feedback](#) | [Resources](#)

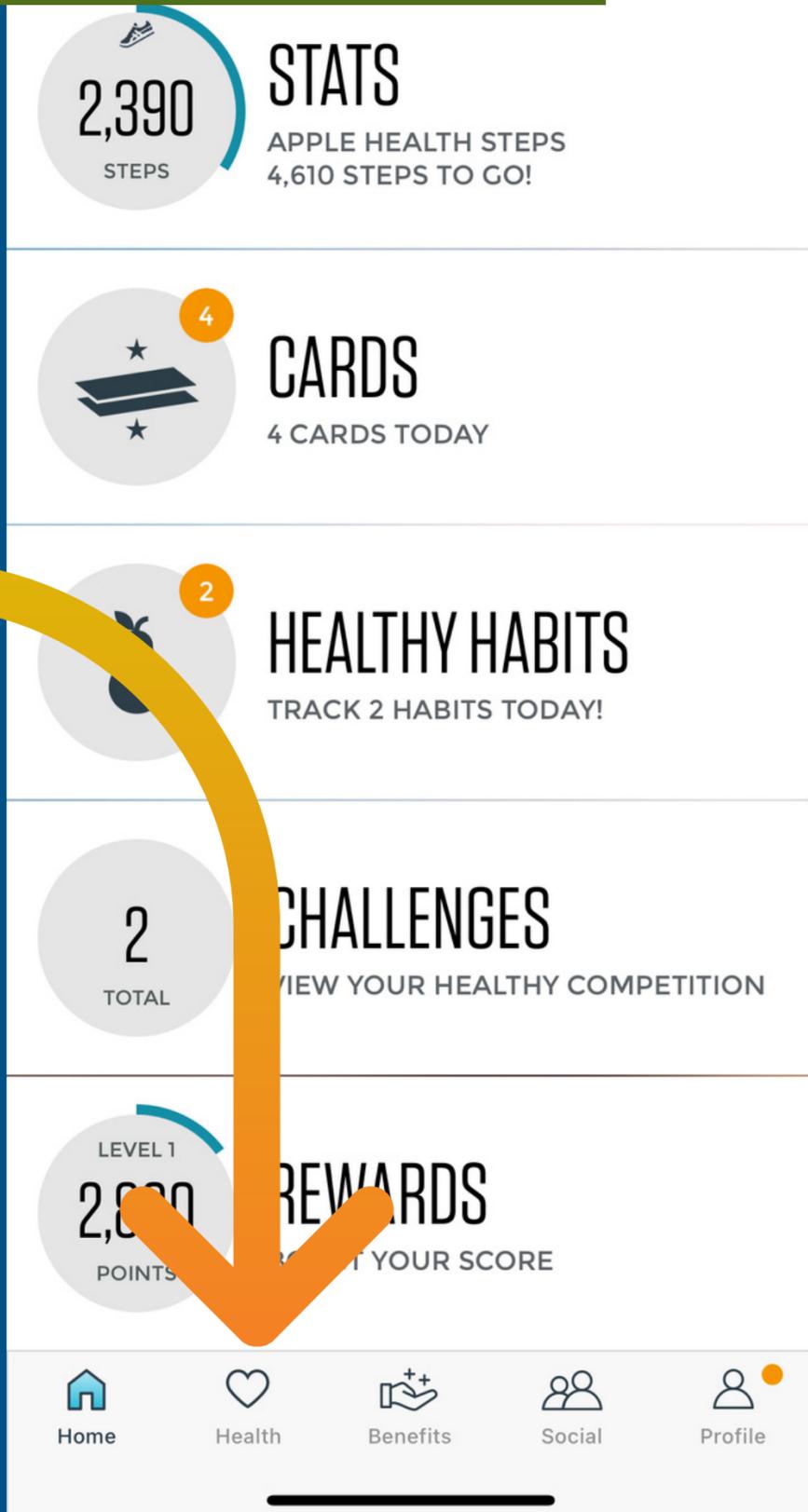
[Wellness Program Member
Privacy Notice](#)

[Wellness Program
Membership Agreement](#)

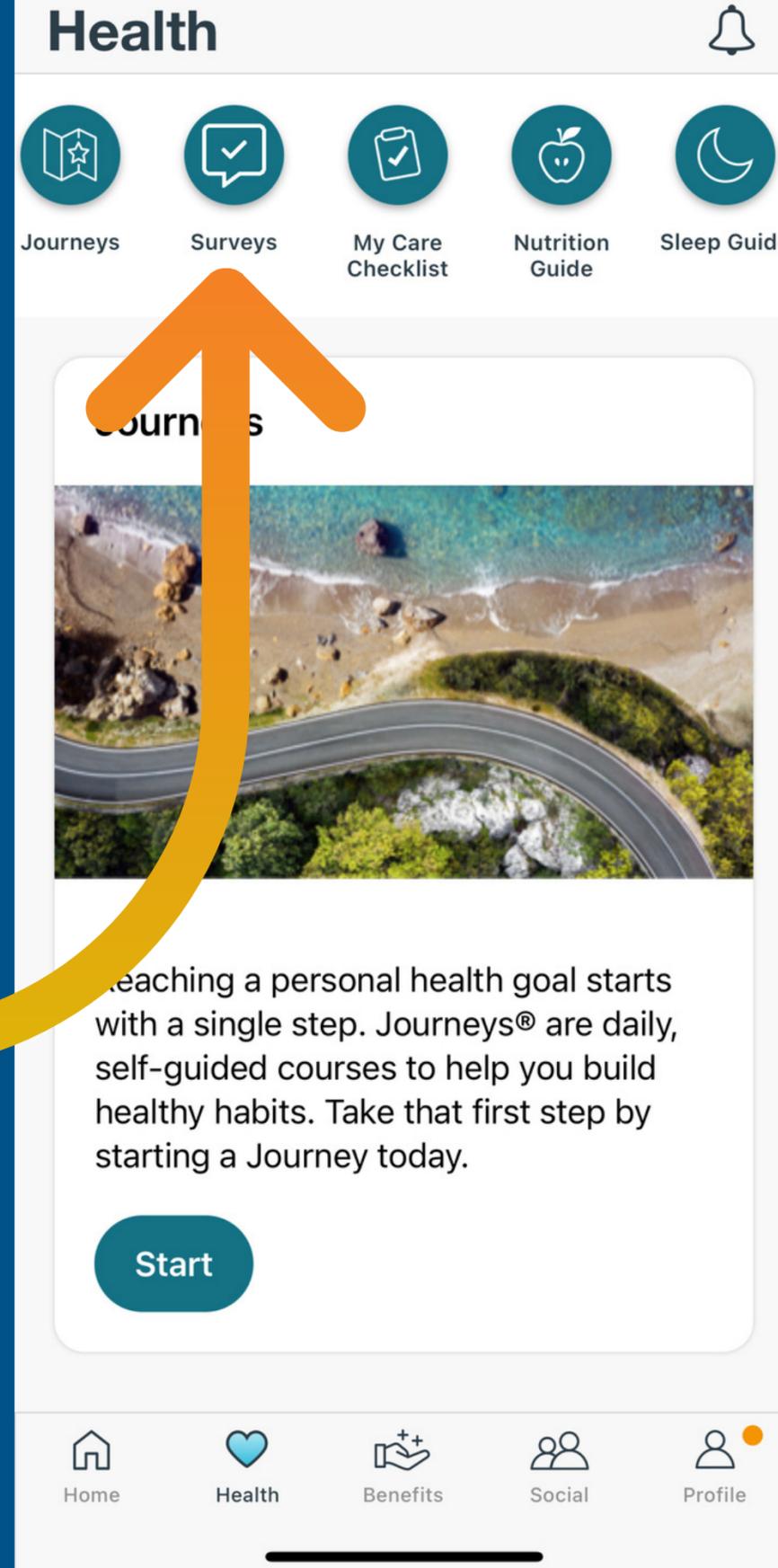
Read the details on how it works, and click "Start the Survey"



Smart Phone Guide



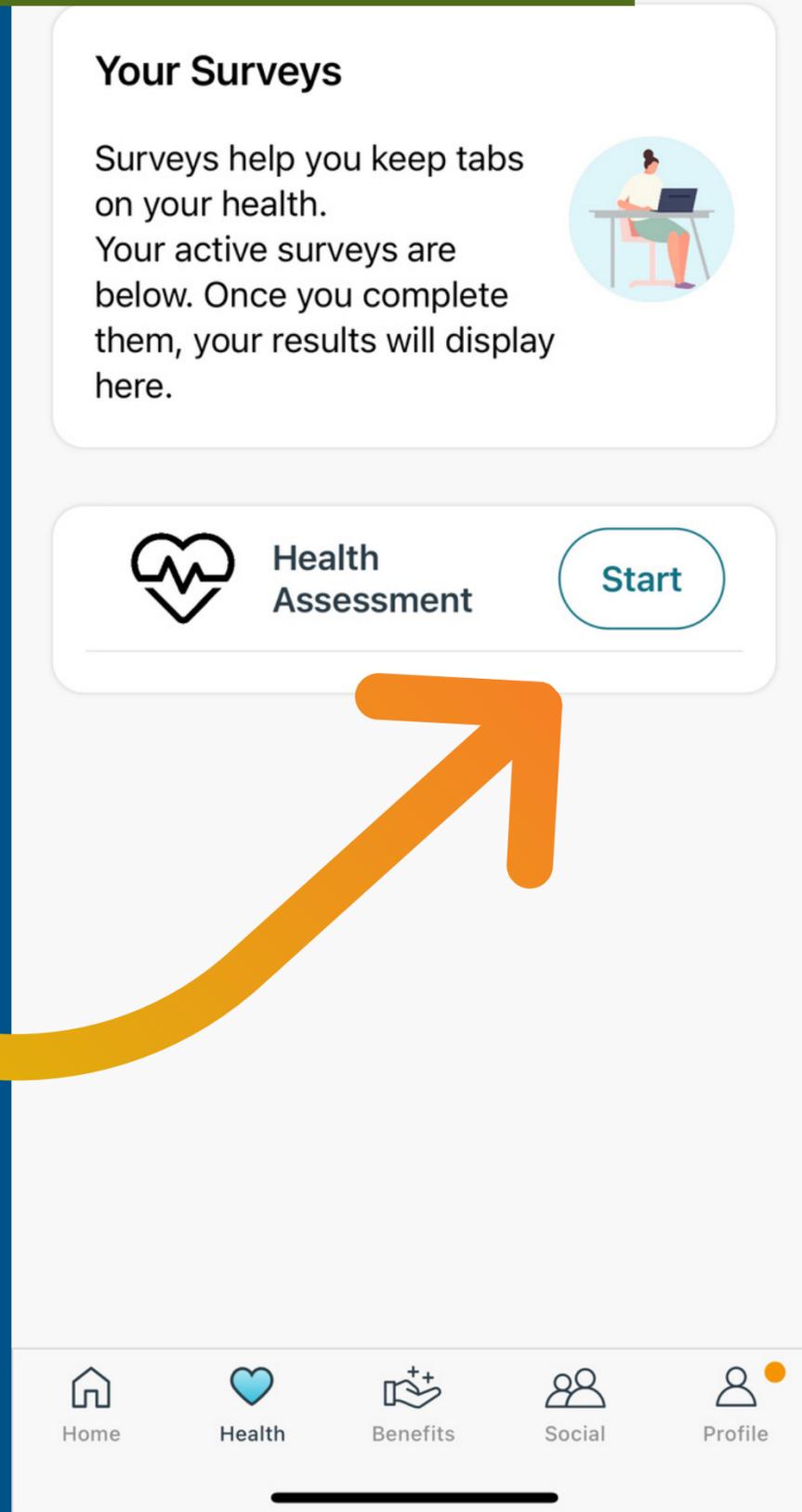
Click the "Health" Tab at the bottom of your screen.



Click the "Surveys" Tab at the top of your screen.

Smart Phone Guide

Click "Start" button on "Health Assessment"



Read the details on how it works, and click "Start the Survey"

