



# Wellness Ambassador Updates

May 2023



## Health Tip of the Month

One in five adults will experience a mental health issue this year. Check in with your loved ones—and with yourself—and remember that you're not alone. Talking openly about mental health can help eliminate the stigma around it and help those who suffer feel better. Head to the Benefits page (be sure to click "view all") to see resources available to you through both Virgin Pulse and your insurance.

Set your interests: Profile > Topics of Interest (250 points/quarter)



## Upcoming Challenges

**May 8-14** Emotions and Decisions

**May 15-21** Double points for Rethink Care sessions

**June 12-18** Get Outside

**July 10-16** Fit in Strength

**To find challenges:** Social tab > Challenges

Earn 200 points for tracking yes 5 of 7 challenge days!



## Program Benefit

Did you know dependents ages 18-26 and spouses on the MEABT insurance are also eligible for Virgin Pulse? Together, you can focus on your health, reach your goals, and earn rewards. It may even spark some healthy competition along the way!

Eligible spouses and dependents can also earn up to \$62.50 each quarter (up to \$250 after completing 4 quarters). Use the registration link below to get started!

To register for Virgin Pulse: [join.virginpulse.com/MEABT](https://join.virginpulse.com/MEABT)

Member log in after registering: [member.virginpulse.com](https://member.virginpulse.com)

Virgin Pulse Member Services: 855.689.6884 or [meabt.support@virginpulse.com](mailto:meabt.support@virginpulse.com)



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