



## Illinois Great Rivers Conference of The United Methodist Church

PO Box 19207 Springfield, Illinois 62794 217.529.2040

### **HealthMiles Enrollment - Exercise Makes Cents!**

Participants in the Illinois Great Rivers Conference Employee Group Health Plan are eligible to participate in a walking/exercise program, through Virgin Pulse HealthMiles. The Conference Board of Pensions will pay the enrollment fee for each eligible member.\* This plan costs you nothing – except the sweat equity you will invest for better health and monetary rewards. Now, it really makes “cents” to exercise!

The heart of the Virgin Pulse program is the A MAX activity tracker (pedometer) which will be shipped to you once you have enrolled in the program. The pedometer is very accurate and will register various movements: walking, running, bicycling, sports, aerobics, (but not swimming.) Participants earn points by downloading their pedometer data into any computer with a USB port and a very easy-to-use Internet interface. Participants will get their own private, personal on-line account to track their progress and monetary rewards. **No one in the IGRC will have access to your enrollment information, goals or progress. This information is strictly private.**

To enroll, go to:

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

Click on “JOIN NOW”

Your name must appear exactly as it does with the General Board of Pension and Health Benefits. If you have trouble with your name, contact Robin Coats Gauss at [rcoatsgauss@igrc.org](mailto:rcoatsgauss@igrc.org) or 217-529-2308

If you have trouble enrolling, contact Virgin Pulse Support at **866-852-6898** or [support@virginpulse.zendesk.com](mailto:support@virginpulse.zendesk.com)

If you have any questions, contact Robin Coats Gauss at [rcoatsgauss@igrc.org](mailto:rcoatsgauss@igrc.org) or 217-529-2308.

Best wishes and GOOD HEALTH,

\* Eligible members: 1) Full-time IGRC employees; 2) Spouses of eligible members if the spouse is enrolled in the IGRC Employee Group Health Plan; 3) Retired clergy and spouses are eligible in accordance with the Preachers’ Aid Society & Benefit Fund rules.

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