

Steps to Complete the Wellness Rate

Step 1: Complete the Health Check Survey in Virgin Pulse

- Log on to Virgin Pulse or create your account at join.virginpulse.com/trilogyfit. Call Virgin Pulse Customer Service at 888-671-9395 for assistance

Step 2: Complete a Biometric Screening

Campus and PCA Pharmacy Employees (excludes S. IN., IA, FL):

- Receive your biometric screening during your campus on-boarding or during an on-campus screening event; See your ADHS for details.
- Employees may use results from a recent doctor visit by having the doctor's office complete the Virgin Pulse Biometric Screening Verified Form. Access this form in Virgin Pulse under Benefits > Biometric Screening Verified Form.

Home Office, Paragon Elite Campus, S. IN, IA, FL PCA Pharmacy and Road Warrior Employees:

- Log on to www.trilogyfit.org.
- Under the "Health" header, select "Biometric Screening".
- Click the "Paragon Elite, PCA Pharmacy, and Home Office Employees" link.
- Click on the "Register for your LabCorp Biometric Screening" link at the bottom of the page:
 - Returning users: Log in with your Username and Password and select "Offsite Screening". Use code **HWS112** for the Screening Key.
 - New users: Click on the "Not Yet Registered" box and enter code **HWS112**. Follow the directions for Username and Password creation. Click on the "Offsite Screening" link and enter your zip code to find your nearest LabCorp facility.
- Your cotinine (nicotine) test will be completed as part of the blood work.

Step 3: Show You Are Tobacco/Nicotine Free

- An oral swab cotinine will be given at your campus biometric screening or performed as a part of the LabCorp or doctor's visit.
- If negative, no further action is needed.
- If positive, you must complete the 8-week Clickotine Tobacco Cessation Program to satisfy the "nicotine-free" requirement for the wellness rate. See the [Tobacco Cessation](#) webpage for more.

To review completed Wellness Steps, please check the "Rewards" section of your Virgin Pulse account.
For questions, please contact trilogyfit@trilogyhs.com or visit trilogyfit.org

