

Wellness Ambassador Meeting Notes

May 13, 2021 @ 10:30 a.m. EST

- 1) You may access the recording of this meeting by going to the TrilogyFit website and selecting the “Well-being Ambassador Meeting Recording 5.13.21” tile at the bottom of the Well-Being Ambassador page or follow this link! https://trilogyfit.org/wp-content/uploads/2021/05/zoom_0.mp4
- 2) New ambassadors should register on the website, <https://trilogy.tfaforms.net/4634300>, while existing ambassadors may use the same form to resign their position. **If you have not already, please follow us on @Trilogy_fit on Twitter, Instagram and Facebook.**
- 3) Please remind employees who are enrolled in the Trilogy Anthem medical plan to register for Engage. As a reminder, Engage is a website and app that serves as a “healthcare assistant”, where Anthem members can access information about their insurance plan, Trilogy health and wellness offerings, search for doctors and get details on medical plans and deductibles.
- 4) Employees and their dependent children enrolled in the Anthem medical plan can now take advantage of Synchrony Pharmacy and refill their maintenance medicine. Not only is it cheaper, but your prescription will also be delivered to your home! For more information visit www.synchronypharmacy.com. Effective **July 1, 2021**, Synchrony Pharmacy will become the exclusive pharmacy benefit for all those enrolled in the Trilogy Anthem medical benefit.
- 5) May 22nd-29th will be our Olympic themed Wellness Week where we focus on what ignites your wellness journey! We have several exciting activities and campaigns this year! Souls for Souls boxes have arrived at campuses and we encourage you to exchange gently used shoes to fight world hunger and poverty. The T200 will run in Ohio, Indiana, and Kentucky on May 25th-27th! Even if you can't participate, follow along with us on social media @TrilogyFIT on Twitter, Instagram, and Facebook. Form your team of 5 for the T200 virtual challenge. Creating a team and searching for teammates is super easy on the Virgin Pulse app. We will be holding a virtual scavenger hunt during Wellness Week that will offer great winners and prizes! May 27th National Senior Health and Wellness day. This is a great chance to get your residents and their families out to walk and roll through the campus and get some steps in. This will also be a VirginPulse double points day.
- 6) Toolkits for Quarter 3 are coming and will be emailed to you by the end of May! They will also be available on the TrilogyFIT website at the bottom of the Well-Being Ambassador Page. This quarter will feature great activities for National Breastfeeding Month, National Minority Mental Health Month, and National Cholesterol Education Month.
- 7) Our Awesome Ambassadors for Quarter 2 were Sydney Bright and Amy Vanover! They were selected due to all of their hard work throughout biometric screenings and vaccination clinics. If you are or know someone who is a great Wellness Ambassador, nominate them to be the next Awesome Ambassador by following the link on the TrilogyFIT website!
- 8) TrilogyFIT is welcoming a new Health and Wellness Program Manager starting May 17th! We look forward to everyone getting to meet Brooke on a future call!

