



Volunteering can make a positive difference in your health while you make a positive difference in your community. Serving others can give you a sense of purpose, help you stay active, and give you an especially rewarding way to earn MyWellness Points.

Here are some of the types of volunteer activities you can do that are eligible for MyWellness Points. These can be performed on your own or at events sponsored by your work location.

- Blood donation
- Charitable walk, run, etc.
- CommonSpirit Mission activity
- Community need
- Food bank
- Mentoring program
- Neighbor assistance
- Violence prevention

## How to get started with Volunteer Activities

- 1 Log in to the MyWellness website and go to **Programs**.
- 2 Click **View All** and choose **Volunteer Activity**.
- 3 Click **Start Now**.
- 4 Enter in your information and click **SUBMIT**.

### MyWellness Points for 2023

**Complete a volunteer activity**

**300 points**

*(Up to 6 times per program year)*



**November 1, 2022 – October 31, 2023** – when activities must be completed

You must complete a separate form for each volunteer activity you perform. You may complete the same activity more than once.

## Discover more ways to be kind to yourself

The MyWellness program offers more than 100 activities that inspire and motivate you to be kind to yourself. To create your account, use your My HR Information Employee ID found on EmployeeCentral.

### From your work computer

EmployeeCentral > MyBenefits > Well-being Programs tab > View MyWellness Website

### From your home computer

[home.commonspirit.org/mywellness/vp](http://home.commonspirit.org/mywellness/vp)

### From your mobile phone

Download the free Virgin Pulse app from the **App Store** or **Google Play**.



Scan this code to visit the MyWellness website



### Need help getting connected?

Contact Virgin Pulse Member Services at 833.721.4094 Monday through Friday, 8 a.m. to 9 p.m. ET.