



Fort Bend County Podcasts

Podcast Episode 22- Virgin Pulse with Elexis Fellers

October 24, 2024

Gina- Welcome to this week's Benefit Detective Podcast. I'm Gina.

Wendy- And I'm Wendy. And joining us today is our Wellness Coordinator and Trainer, Elexis Fellers.

Gina- Hey, Elexis.

Elexis- Hey.

Gina- Elexis, tell us, what is going on, on the wellness side?

Elexis- We have super exciting news. We actually just kicked off our very first wellness platform, Virgin Pulse.

Gina- Awesome. Can you tell us what exactly is this platform? What does it do?

Elexis- Sure. Designed with you in mind, we're here to empower your health journey by providing personalized tools, expert guidance, and supportive community all in one place. It is a personalized wellness journey that has and offers on demand classes, expert advice tips on nutrition, mindfulness, and fitness, and also it includes endless wellness challenges.

Gina- Awesome.

Wendy- And who can join Virgin Pulse.

Elexis- The only employees that can join Virgin Pulse are the employees who participate on the Fort Bend County medical plan.

Wendy- And I heard you mention challenges. Can you tell us more about those?

Elexis- Yeah. So, in the past, we have done wellness challenges, such as step challenges, such as walking challenges, and this is an overall design for you to get connected with your fellow employees, other departments, and so forth. You can actually create your own challenges whether if you want a step challenge, if you want a mindfulness challenge, if you want a sleep challenge, if you want a water challenge, there is endless of different challenges that you can pick and choose from.

Wendy- And are there going to be incentives?

Elexis- Yes. So, the first incentive is it is free. Users can use this on the website, or they can actually use it on the mobile app.



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Gina- Yeah, you know about that mobile app, I downloaded that. So yeah, that was pretty easy to do but I noticed when you download it you have to have a single sign on.

Elexis- Yes.

Gina- So keeping that in mind in case you are out there downloading that mobile app, it's just the same duo information as you're using when you sign on to the computer. So, once you sign in once, you can then it'll be there, it will remind itself, so you don't have to do it again. So, make sure to use your duo information of signing on to a computer just like you would into this mobile app.

Elexis- And a cool thing is if you're not an app person, if you don't like apps on your phone, you can also access this from any kind of computer you want, just use the website.

Gina- Yeah. Because it's the same information on the computer as it is on the mobile app.

Elexis- Absolutely.

Gina- So that's always a good thing. And you know with that mobile app, have you done a lot of it, Wendy?

Wendy- I have.

Gina- Have you, Elexis?

Elexis- Of course.

Gina- Duh. Yeah. But, yeah, it was very interesting. So I was, I was friended. I joined a group. So, some other people invited me to join their group which is good because it's not just a part of me being in Risk Management and sticking with your department. You can actually challenge for other people in other departments such as like EMS or Parks or County Clerk.

Elexis- Right. And you don't have to just be a part of your department. That's the cool thing about this app. It's also about socializing, getting to know other county employees, and really motivating other employees on their wellness journey because every wellness journey is different.

Wendy- So what if a person is not as social and more private and doesn't want to participate in a group challenge?

Elexis- Oh, yeah. We understand that some people may not be as open with sharing their personal goals with others, so they give, they can have the opportunity to opt in a group wellness challenge or they can create their own individual challenge. We want to be mindful of everyone's preference.

Gina- Didn't I see something on there? Like, it had actual videos, like meditation

Elexis- Yes.

Gina- That you can watch.



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Elaxis- They have mindfulness, they have financial wellness, they have social wellness. You can do 5-minute stretches at your desk, 5-minute exercises from your desk, so you don't need any equipment, and it's all curated specific to your needs and to your likes.

Gina- Yeah.

Wendy- Nice.

Gina- Isn't it cool? So, I actually have a problem sleeping. So, I saw that there was some information about monitoring sleep, getting enough sleep, the importance of sleep, stuff like that.

Elaxis-Right.

Gina- And just like drinking water, how important it is, and it'll help you monitor your habits. So, it has good healthy habits, not just fitness, but it's keeping you healthy.

Elaxis-And I think the biggest takeaway from this program is that it's curated specifically towards your needs. You choose exactly what you want to see. You choose exactly what you want to focus on. And, of course, everyone is different. So, my app may be different from Wendy's app. Wendy's app may be different from your app. It's all tailored specific towards your needs.

Gina- That's so good. Yeah. Because not everybody can fit in that same bubble as like Yeah. You're just saying, you know. Wendy might want more fitness and I may need more stress management.

Elaxis- And I might need to drink more water.

Gina- Exactly. So, yay.

Wendy- I see there's a benefit tab. Can you tell me what kind of information I can get from that?

Elaxis- So the benefit tab, this think of think of Econnect at your fingertips. If you go to the benefits tab, it's going to show you exactly what you are eligible for on your medical benefits. It will list Boon Chapman's information. It'll list Care Navigation with PrimeDX. It'll list Deer Oaks EAP Services, Healthcare Blue Book, and Humana. Along with Teladoc.

Gina- Yeah. Absolutely. So, it is right there at your fingertips, just like Alexis said, so feel free to download that app and check it out.

Elaxis- You just click on what you want, and it'll take you immediately to that website and it's right there for you.

Gina- Awesome.

Wendy- So if I want to do a challenge, how do I do that?

Gina- Oh, yeah. That sounds fun.



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Elexis- So, you'll go to the social tab. There's a tab that is labeled social. You'll click on that and then you'll scroll to challenges. And, again, the cool thing about these challenges is you can pick if you want to do an individual challenge such as creating or incorporating a healthy habit, or you can have a group challenge. This is a challenge designed for multiple people.

Gina- Awesome. So, if I wanted to start like, okay, we're all going to do it. We're going to do it as a group. We're going to cheer each other on, and we're going to do a water challenge because maybe we don't drink enough water. I can set that up.

Elexis- Yeah. So you'll go, you'll set that up, you'll invite your friends to participate in your challenge. Your friends will then accept to join the challenge. You'll set a date on when you want the challenge, and you'll set the duration of the challenge. Do you want a 2-week challenge? Do you want a 3-week challenge? Do you want a 10-day challenge? So, you are the creator of the challenge.

Gina- Awesome. Alright. Thanks, Lex.

Elexis- And one of my personal favorites is the shout outs. Oh, yeah. So, a shout out is basically, if you see a fellow county employee incorporating a healthy habit, they have great work ethic, they are losing weight, they're happy, they're cheerful, whichever the case may be, you can go and actually shout them out. You can go under the shout out tab, select their name, and say, for example, hey, Wendy, hey, Gina, great job on the Benefit Detective podcast. Here's a shout out for you. And once you do the shout out, everybody can see who you're shouting out.

Gina- Yes. Actually, I gave you a kudos. I don't know if you saw it.

Elexis- I sure did.

Gina- Yes. So, I gave Elexis a big kudos because this is the first wellness platform that we've had for Virgin Pulse, and I think she did an excellent job preparing for it. So, I gave her a kudos. Gave her a little shout out.

Elexis- Thanks.

Gina- All right. Well, thank you, Elexis, for joining us today.

Elexis- Thank you guys for having me.

Gina- Well, that wraps up this week's Benefit Detective Podcast. I'm Gina.

Wendy- And I'm Wendy.

Elexis- And I'm Elexis. And don't forget, wellness is a lifestyle. Also, stay tuned for more surprises regarding virgin pulse.



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Wendy- And listen every Thursday for our podcast.

Gina- And remember, the benefit detectives are here to help.