



Get fit, get rewards.

St. Joseph's Health encourages employees to achieve and maintain a healthy lifestyle through physical fitness. To help achieve that goal, St. Joseph's is introducing a fitness center points program!

Fitness Center Points Program

The Fitness Center points program is available to all employees who participate in the Virgin Pulse Wellness Program and who engage in physical fitness activities at a recognized fitness center. Employees are to provide monthly attendance records from their fitness center to Human Resources. The attendance records supplied by the fitness center are to include employee's name, the name of the fitness center, dates of attendance, check in-time, and are subject to approval. Dates for group fitness classes attended and personal training sessions are to be included in the attendance records supplied by your fitness center.

- Employees will receive 50 Virgin Pulse points for each day they engage in physical activity at a fitness center.
- Employees will receive 140 Virgin Pulse points for each group fitness class or personal training session per day.
- The maximum number of points an employee can earn in one calendar day is 330 (50 for checking in, 140 for attending a group fitness class, and 140 for participating in a personal training session).

NOTES:

- For those employees who are members of Club Metro, Club Metro will automatically send the attendance information to Virgin Pulse. Please speak with a Club Metro manager for information authorization.
- For employees who are members of fitness centers other than Club Metro, you will need to send your attendance records directly to Human Resources.
- Employees should consult with a physician before beginning an exercise program.

Questions?

Please contact Luisa Coburn at
coburnl@sjhmc.org at 973.754. 4616



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