



Frequently Asked Questions

What is JCUFIT?

John Carroll University is proud to bring you JCU FIT- the wellness program for faculty and staff that promotes healthy lifestyle choices, encourages a holistic philosophy and balance to life, and combines a pro-active, positive approach to healthy living that emphasizes the whole person! We recognize that good health is more than the absence of illness, but rather a robust state of well-being that acknowledges the importance and inseparability of the mind-body.

Who is eligible to join?

All full and part-time employees.

What are the benefits of signing up for the portal?

Utilizing the wellness portal is a fun way to track and create healthy habits. Besides the health benefits of being mindful of diet and exercise, the portal is a way to earn points through attending seminars, and completing online workshops (journeys). Points can be earned Jan 1 – Dec 1st and can be used to win great prizes throughout the year. The portal also has valuable resources, health tips, and information about special events.

How do I sign up for the portal?

Follow the link on the JCU Website <http://sites.jcu.edu/hr/pages/benefitsresources/jcu-fit-wellness-program/>

OR Go directly to: <https://enroll.virginpulse.com/#/sponsors/6773/enrollmentGroups/6108>

Is there an app for my smartphone?

Yes! In your App Store, search for the Virgin Pulse icon:



and follow the prompts to set up your account.

Where can I log my food and water?

Virgin Pulse has partnered with myfitnesspal. Once logged into the portal, hover over your picture, and the drop down box will appear. Choose devices and apps, and then click on myfitnesspal. A prompt will come up directing you to log into your account and allow Virgin Pulse access to your stats. It will automatically keep your wellness portal updated and you will see 'Calories Consumed' under the Home Page / Stats.

How do I sign up for a lunch and learn seminar?

Lunch and learn seminars are communicated via Inside JCU as well as from Skywell emails that are periodically sent out. Follow the link in either communication to sign up. Please note: pre-registering for a seminar is highly recommended, but not necessary.

How do I know how many points I have?

After logging in to the wellness portal, points earned can be seen on the homepage.

How can I sync my Fitbit or other tracking device to the wellness portal?

Once logged into the portal, hover over your picture, and the drop down box will appear. Choose devices and apps, and then click on your device type (fitbit, etc.). A prompt will come up directing you to log into your account and allow Virgin Pulse access to your stats. It will automatically keep your wellness portal updated and you will see 'Steps' under the Home Page.

How can I track my workouts?

Under the Home tab, then click Healthy Habits. Choose 'Get a Workout' and log your activity. NOTE: if your steps are already logged via a linked device, do not log in a workout like running or walking as it will double your steps. This section can be used to log other types of workouts: yoga, weight lifting, martial arts, or swimming for example. Depending on the type of activity, the program converts the activity to steps.

How is the JCU FIT wellness program funded?

The JCU FIT wellness program is funded through a generous grant from Medical Mutual.

Can we receive a discount on our premiums for participation in the wellness program?

Unfortunately the Medical Mutual grant cannot be used to reduce medical premiums at this time. Since John Carroll is "self-insured", a healthier community subsequently means lower premium costs. Therefore by encouraging healthy habits across campus, we can make healthier choices that can sustain lower medical premiums.

How do University Policies and Procedures support JCU FIT initiatives?

JCU FIT programs are typically scheduled during non-work hours (lunch, afterhours etc.) and are voluntary. However you can find more information about Flextime for participation in wellness activities in the “Flextime Work Schedule” Policy on the HR Webpage.

Is my information (Personal Health Assessment & biometric information) kept secure?

The JCU FIT team is committed to protecting your privacy and the security of your personal health information. The personal health assessment and biometric screening results visible in your secure, confidential portal are seen by you only and are not rented, sold, or shared with anyone. Should you have additional questions about the privacy of your data, please contact skywell@metrohealth.org or 440-592-1121.

Why is it important to complete the Personal Health Assessment (PHA) and submit biometric information to MetroHealth?

As JCU FIT grows and becomes part of John Carroll’s culture and community, we can start to prove that participation in the Wellness program can result in a healthier lifestyle and lower medical costs/claims for the individuals and also for the university. By providing intrinsic and extrinsic data such as the PHA and the Biometrics screening, we can use that data to negotiate lower premiums.