How to Participate in Healthy Living

1. **Create a My Health Account.** Log in to learn about your benefits, view claims, check labs, compare prescription prices, and participate in Healthy Living. Questions? Call Online Services at 800-442-5502 weekdays, 7:00 a.m. to 8:00 p.m., and Saturdays, 9:00 a.m. to 2:00 p.m.

   Visit selecthealth.org.

Register or log in to My Health account.

2. **Attend Your Workplace Health Education and Screening Event.** Get personalized health coaching and a biometric screening at our Health & Wellness display at your work-site—or, if you prefer, see your primary care doctor for a preventive exam.

   Access the Health Assessment.

3. **Complete the Health Assessment.** Our health assessment helps you discover connections between everyday lifestyle choices and your long-term health. Because there are many aspects to health, this assessment includes four categories: Biometrics, Body, Mind, and Lifestyle.

Access the Health Assessment.

4. **Take One or More Digital Coaching Programs.** Healthy Living offers 11 scientifically proven programs that emulate a live coaching session. Programs are personal, private, convenient, and designed to guide you through a variety of topics important to your personal health.

   **Note:** Need help with the Health Assessment or Digital Coaching? Call Johnson & Johnson Health and Wellness Solutions at 866-433-9284.

4. **Take One or More Digital Coaching Programs.** Healthy Living offers 11 scientifically proven programs that emulate a live coaching session. Programs are personal, private, convenient, and designed to guide you through a variety of topics important to your personal health.

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Access Digital Coaching.
Choose one or more of 11 Digital Coaching programs.

5. Create Your Healthy Living Virgin Pulse (VP) Account and Participate in Two or More Online Activity Campaigns. There are three challenges types to select from to earn your two Activity Campaigns. Choose any combination from the options below:

**Company Challenges.** In these four-week, virtual destination challenges, you’ll join a team and compete against others to reach a group goal. Participants are urged to form teams of up to 10 members—you may also register and participate as an individual. As a team gains steps, they take a virtual journey unlocking destinations that include a map, leaderboard, and online support. Track steps (or step equivalents) for the length of the challenge. To track steps, sync your device (such as a Fitbit) or compatible smartphone app, or track manually on the VP website or app. To get credit, be sure to track each week of the challenge.

**7,000 Steps Challenges.** Get 7,000 steps plus per day* for at least 20 days in a calendar month to earn one activity campaign. For non-stepping activities (like swimming), use the “add a workout” tool to convert activities to steps. For credit, be sure to track weekly.

**Healthy Habit Challenges.** These one-week challenges offered throughout the year can help you develop healthy habits. Participate by tracking daily activities in one of nine wellness areas, like being more active and choosing healthy foods. Complete each challenge by performing the target behavior successfully at least five of seven days and reporting it on the VP website or app. Completing four challenges equals one Activity Campaign. (Because these challenges are only offered once per month, it takes four months to complete four challenges or the equivalent of one Activity Campaign).

*Condition or injury limiting your mobility? Choose a Challenge with a no steps requirement or complete four Healthy Habit Challenges.

**Note:** If you participate in a Company Team Challenge and achieve 7,000 steps for 20 days in the same month, only one of the activities will be counted.

Once you create a VP account in **My Health**, you can access the program in three ways:

1. Log in to **My Health** and click on **Activity Challenges**.
2. Visit member.virginpulse.com. Log in using your email address as your username and your VP password. (Bookmark for quick access.)
3. Use the VP mobile app. Search for Virgin Pulse in the Apple App or Google Play Store. Use your email address as your username and the password you set up through My Health.

**Note:** You cannot create a VP account by going directly to the VP website or from their mobile app. You must create the account within **My Health** before using their webpage or mobile app.

**Note:** Need help? Contact Virgin Pulse by calling 833-235-6890 or by sending an email to selecthealth.support@virginpulse.com.
To participate in a Company Challenge, you need a team. Teams can range from one to ten players, but larger teams have the advantage. If possible, fill your team with all ten players. Each Company Challenge has a registration period before starting to give you time to join an existing team or create your own. Company Challenges will populate on the Challenges tab of the website or mobile app on the registration start date, according to the schedule to the right.

*Calendar subject to change.*

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**2019 COMPANY CHALLENGE CALENDAR**

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Title</th>
<th>Registration Starts</th>
<th>Challenge Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Great American Adventure</td>
<td>1/14/19</td>
<td>2/17/19</td>
</tr>
<tr>
<td>II</td>
<td>Amazing Architecture</td>
<td>2/18/19</td>
<td>3/24/19</td>
</tr>
<tr>
<td>III</td>
<td>European Expedition</td>
<td>3/25/19</td>
<td>4/22/19</td>
</tr>
<tr>
<td>IV</td>
<td>US National Parks</td>
<td>4/23/19</td>
<td>5/19/19</td>
</tr>
<tr>
<td>V</td>
<td>South American Step Off</td>
<td>5/20/19</td>
<td>6/23/19</td>
</tr>
<tr>
<td>VI</td>
<td>Scale the Summits</td>
<td>6/24/19</td>
<td>7/20/19</td>
</tr>
<tr>
<td>VII</td>
<td>Washington DC</td>
<td>7/21/19</td>
<td>8/17/19</td>
</tr>
<tr>
<td>VIII</td>
<td>Walk the Wonders</td>
<td>8/18/19</td>
<td>9/22/19</td>
</tr>
</tbody>
</table>

Once a challenge becomes available, click **Challenges**, then **Join**.

Create a new team or join one of the suggested teams.

Your team’s total steps will be applied to the map.

Teams Track Steps. Participants report steps weekly during four-week challenges. Your team’s total steps will be added to the map as you travel to each location until you reach the final destination or run out of time. You’ll be able to virtually visit each location before moving on. Participants receive credit for completing the challenge if they tracked their steps weekly during the four-week period—even if they didn’t reach the final destination. If you’d like more competition, select rival teams and track your progress against theirs. Or you can just support your team and work on reaching your own personal activity goals.

Apps & Devices. Wearable activity tracking devices like Fitbit® and Garmin® can be synced to the VP platform. The device will report your Company Challenge steps. Similarly, apps like Apple’s Health app or Samsung Health can be synced to the VP app, turning your smart phone in to a fitness tracker. Some apps/devices require that you open the VP app weekly or open the app from the device’s manufacturer (e.g., Fitbit app) before steps are sent to the challenge. **We recommend opening your app weekly during challenges.**

Select your **tracking device** to sync your activity.
Log steps or workouts manually using the Tracking tab.

Website Tracking. Use the VP website to manually track your steps. Report daily steps or use the conversion tool to estimate how many step equivalents you’ve taken for other exercises, such as swimming or bicycling. To use the steps conversion tool, use the Log a Workout option. (See the orange arrow below.) To manually report steps, use the Log Steps option. (See the blue arrow below.)

**Note:** The Log Steps option is only for those who don’t use a synced tracking device (e.g., Fitbit®) or app (e.g., S Health), or when you’ve been unable to track steps wearing your device (e.g., a dead battery or a non-step exercise).

Virgin Pulse App Tracking. You can also manually report your steps or use the steps conversion tool on the VP app.

6. Track Your Progress Toward Earning a Reward, if applicable. The Rewards icon shows you a list of available wellness activities and allows you to see your progress toward earning your employer’s wellness incentive.

Click on the Rewards link.

What If I Have a Medical Condition? Healthy Living is designed to help you live the healthiest life possible. If you have a medical condition that limits your physical ability, you may be able to earn your wellness incentive another way. Contact your HR department for more information.

Who Will See My Personal Information? Your information, including personal health information, will be provided to and kept confidential by SelectHealth®. We will only disclose your personal health information to third parties as permitted or required by law. Your screening data will be loaded into your secure Healthy Living user profile and used to provide you with personal feedback. Your name may be shared with your employer for incentive determination purposes.

Questions? Call Member Services at 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

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