1. **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 prior to the event.

2. **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 your My Health account.

Click on SelectHealth and scroll down to the Member Checklist.

3. **Select Your Primary Care Physician.** Log in to your My Health account. Choose “Select Primary Provider” from your Member Checklist. Then scroll down and click on “Select New Primary Care Provider” on the lower left hand corner of the page. Using the “Find a Doctor” tool, select “+Add as Primary Care Provider (PCP)” below the provider of your choice.

Select Primary Provider to choose your physician.

Select Health Assessment from the Member Checklist.

4. **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.

Take your Health Assessment.

5. **Take One or More Healthy Living Digital Coaching Programs.** There are 11 programs that emulate live coaching sessions. Programs are personal, private, convenient, and guide you through topics important to your health.

Access Digital Coaching

Choose one or more of the 11 Digital Coaching programs.

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

7. 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 activity will be counted.

Once you create a VP account in My Health, you can access the program three ways:
A. Log in to My Health and click on Activity Campaigns.
B. Visit member.virginpulse.com. Log in using your email address as your username and your VP password. (Bookmark for quick access.)
C. 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 your VP password.

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.
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.

Select your tracking device to sync your activity.

**Teams Track Steps.** Participants report steps weekly during four-week challenges. Your team’s total steps will be added to the map allowing you to 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 just support your team and work on reaching your own personal activity goals.

**Apps & Devices.** 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 smartphone into 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.**

**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 used 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).
9. Complete Prediabetes Education, if Applicable. If your health screening/assessment indicates you are at risk for prediabetes, you will receive a letter in the mail inviting you to complete one of several options to help you reduce your diabetes risk. Once you have completed the program, we will reward you with a $50 Healthy Rewards Visa cash card.

10. Participate in Care Management if Applicable. SelectHealth subscribers and covered spouses are eligible for financial incentives when you take steps to improve your health. This program is available to members with these ongoing health conditions: asthma, diabetes, chronic obstructive pulmonary disease (COPD), and heart failure. You can earn yearly incentives from SelectHealth by participating. Watch for a letter in the mail inviting you to participate.

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 limiting your physical ability, you may be able to earn your wellness incentive another way. Contact your HR department for information.

Who Will See My Personal Information? Your 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.