Welcome! In this guide, you will learn how to use the Healthy Living tools and resources for a healthier you. We’ve partnered with Virgin Pulse to provide you with well-being programs and technology to keep you engaged and informed on your health journey.

NOTE: If your employer has a wellness incentive program, you’ll need to complete certain requirements for rewards.
Get Started

We suggest using Google Chrome as your internet browser for the best experience.

NEW USER?

1 CREATE AN ACCOUNT. Go to selecthealth.org and click Register. Use the subscriber number on your ID card to create an account.

2 REGISTER ON VIRGIN PULSE. Go to your Member Checklist from selecthealth.org. Click on the Health Assessment badge and fill out the Sign Up Here! form. Once you’re registered, we recommend you download the Virgin Pulse app to easily access and track your health goals. Use your same Virgin Pulse account log-in information to sign in on the app.

REMEMBER: You must first register on the Virgin Pulse website before using the app!

The badges on your Checklist will reflect your health plan and may look different than the above example.

CHOOSE YOUR PRIMARY CARE DOCTOR.

Head back to your Member Checklist on selecthealth.org and click on Primary Provider. If you don’t already have a primary care doctor, use the Find a Doctor tool to find an in-network doctor on your plan. Found the one? Click Add as Primary Care Provider (PCP).

If you’ve already chosen a provider, make sure that the doctor listed is correct.

RETURNING USER?

Click on the Health Assessment badge to get to Virgin Pulse. Once you’ve logged in on the website, you can download the Virgin Pulse app for an easier way to track your progress. Or, just open your Virgin Pulse app to get started.

REMEMBER: You must first register on the Virgin Pulse website (see new user instructions) before using the app!
Health Engagements

ANNUAL HEALTH SCREENING

Get your Annual Health Screening to get a snapshot of your current health.

Attend your work-site health education and screening event. Check with your Human Resources for the event date. Or, visit your PCP or doctor for an annual screening. Once you’ve had your screening, the Complete Health Screening badge will appear as done on your Member Checklist.

HEALTH CHECK HEALTH ASSESSMENT

The Health Check health assessment can be accessed from your Member Checklist or from the Health section of the Virgin Pulse tool. It gives you a Health Score based on areas like nutrition, exercise, sleep, and your health history. Your results will give you ideas on how to improve or maintain better health.

JOURNEYS®

Digital Coaching programs, known as Journeys, can help you create new healthy habits or keep the ones you have.

Choose Digital Coaching from your Member Checklist to access the Virgin Pulse home page. From there, go to the Health icon and select Journeys from the website or mobile app.

Start a Journey that’s right for you and check in daily to complete. Missed a day? That’s okay, pick up where you left off.
ACTIVITY CAMPAIGNS

Stay motivated with Activity Campaigns. Choose two or more challenges that fit your needs. From your Member Checklist, choose Activity Campaigns, or log in through the app. Here are your options:

7,000 STEPS CAMPAIGN

Take 7,000 steps per day for at least 20 days in a calendar month to earn credit for one activity campaign.

You don’t need to sign up for a 7,000 steps campaign. Simply move more and be sure to sync or tracking your activity weekly to earn credit. All activity needs to be entered by the end of the calendar month. Credit for tracking steps starts the date you create a Virgin Pulse account.

Pro tip:

You can convert activities like yoga, weight lifting, swimming, cycling, and more to steps. Use the “Add a Workout” tool to convert non-stepping activities to steps.
COMPANY TEAM CHALLENGES

Team challenges are offered each quarter and can be found under the Challenges dropdown of the Virgin Pulse tool. In these four-week, virtual challenges, you’ll join a team and compete against others to reach a group goal. Form teams of up to ten members or register as an individual. Track steps or other activities to explore new experiences.

NOTE: You cannot get credit for both a Company Team Challenge and 7,000 Steps in the same month.

2021 Healthy Habit Challenges Calendar

<table>
<thead>
<tr>
<th>MONTH</th>
<th>HEALTHY HABIT*</th>
<th>TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>JANUARY</td>
<td>MOVE ON THE HOUR Did you get up at least once an hour today?</td>
<td>GETTING ACTIVE</td>
</tr>
<tr>
<td>FEBRUARY</td>
<td>FRUIT IS SWEET Did you eat fruit when you craved something sweet today?</td>
<td>EATING HEALTHY</td>
</tr>
<tr>
<td>MARCH</td>
<td>WORDSMITH Did you learn a new word today?</td>
<td>LEARNING NEW THINGS</td>
</tr>
<tr>
<td>APRIL</td>
<td>LITTER CRUSADER Did you pick up litter you came across today?</td>
<td>CONTRIBUTING TO MY COMMUNITY</td>
</tr>
<tr>
<td>MAY</td>
<td>SWEET TALK Did you think positive things about yourself today?</td>
<td>ANXIETY AND DEPRESSION</td>
</tr>
<tr>
<td>JUNE</td>
<td>EXERCISE BREAK Did you take a 5-minute exercise break today?</td>
<td>GETTING ACTIVE</td>
</tr>
<tr>
<td>JULY</td>
<td>TIME FOR FRIENDS Did you make time to connect with a friend today?</td>
<td>BUILDING RELATIONSHIPS</td>
</tr>
<tr>
<td>AUGUST</td>
<td>Did you spend 10 minutes practicing a new stress-reducing technique today?</td>
<td>REDUCING STRESS</td>
</tr>
<tr>
<td>SEPTEMBER</td>
<td>Did you avoid walking while looking at your phone today?</td>
<td>BEING PRODUCTIVE</td>
</tr>
<tr>
<td>OCTOBER</td>
<td>WORLD HOLIDAY Did you learn about a new world holiday today?</td>
<td>EMBRACING DIVERSITY</td>
</tr>
<tr>
<td>NOVEMBER</td>
<td>Did you stick to your budget today?</td>
<td>MANAGING FINANCES</td>
</tr>
<tr>
<td>DECEMBER</td>
<td>APPRECIATE OTHERS Did you express gratitude to someone today?</td>
<td>BUILDING RELATIONSHIPS</td>
</tr>
</tbody>
</table>

HEALTHY HABIT CHALLENGES

These one-week, monthly challenges are offered to help you develop healthy habits. Join the challenge and report that you completed the healthy habit five out of seven days. Complete four to get credit for one activity campaign.
PROGRESS TRACKING AND REWARDS, IF APPLICABLE

Some employers offer rewards through the Healthy Living platform. For those eligible, review the list of available wellness activities and track your progress toward earning an incentive.

To claim your reward(s), login to selecthealth.org. From the Member Checklist choose Progress Tracking & Rewards and link to the Rewards homepage. Select the badge describing the wellness activity you have completed, then click on Select Reward and pick your reward from the options listed.

Condition or injury limiting your mobility?
Complete eight promoted Healthy Habit Challenges. Focus on areas other than physical activity.
WHAT IF I HAVE A MEDICAL CONDITION?
If you have a medical condition that limits your physical ability, you may be able to earn an available wellness incentive another way. Contact your Human Resources department for information.

WHO WILL SEE MY PERSONAL INFORMATION?
Your personal information will be provided to and kept confidential by SelectHealth.® We will only disclose your personal 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 ABOUT VIRGIN PULSE?
Call 833-235-6890 or email selecthealth.support@virginpulse.com

QUESTIONS ABOUT YOUR SELECTHEALTH MEMBER ACCOUNT?
Call Online Services at 800-442-5502 weekdays, from 7:00 a.m. to 8:00 p.m. and Saturdays, from 9:00 a.m. to 2:00 p.m.

QUESTIONS ABOUT HEALTHY LIVING?
Call the Member Services team 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.