

SelectHealth Share® Healthy Living Program

Check this list often to make sure you are staying up-to-date with your SelectHealth Share Healthy Living program engagements.

CREATE YOUR SELECTHEALTH ACCOUNT

If you don't already have an account, visit **selecthealth.org** and register for one. You'll have access to your Member Checklist and health tools from the Dashboard page.



ANNUAL HEALTH SCREENING

Attend a work-site health education and screening event or visit a SelectHealth in-network provider.



HEALTH ASSESSMENT VIRGIN PULSE HEALTH CHECK

The Health Check is an online health assessment that gives you a health score based on your lifestyle.



DIGITAL COACHING VIRGIN PULSE JOURNEYS

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



ACTIVITY CAMPAIGNS VIRGIN PULSE CHALLENGES

Stay motivated with Activity Campaigns. Choose two challenges per year that fit your needs. Here are your options:

- > 7,000 Steps Challenge (20 days in one month)
- > Promoted Team Challenges (offered quarterly)
- > Four individual promoted Healthy Habit Challenges (offered monthly)



OTHER TASKS

- > Select a PCP on your SelectHealth account
- > Complete colon, breast, and/or cervical cancer screenings consistent with gender and age-based national guidelines
- > Complete Diabetes Prevention activity, if applicable
- > Participate in Diabetes Management, if applicable



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If you complete the Team Challenge and 7,000 steps in the same month, you only get credit for one.

Review your SelectHealth Member Checklist to check your progress.

Refer to the Member Guide for additional details on how to participate in the Share Healthy Living Program.



Questions? Call **800-442-5260**.



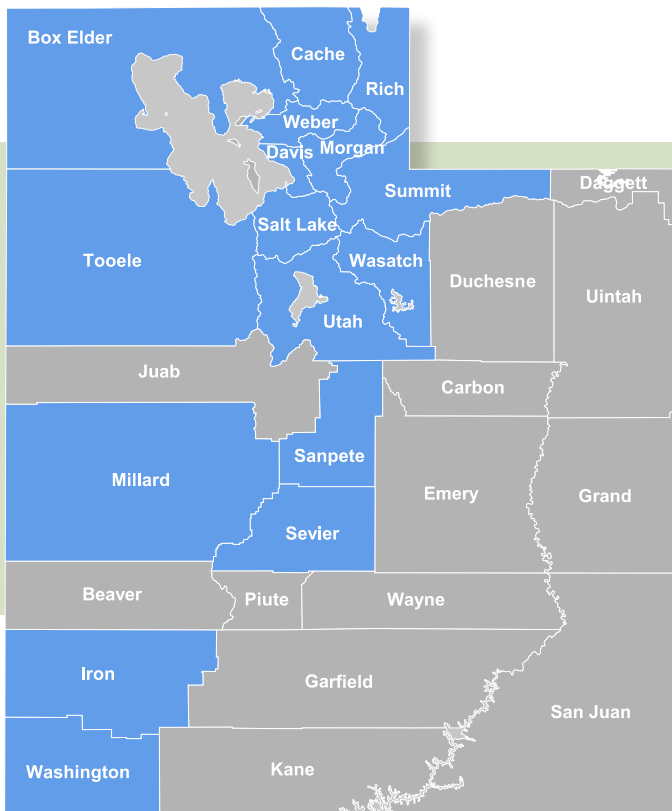
SelectHealth Share®

If you live in one of the shaded counties below, SelectHealth Share is your healthcare option. It includes all Intermountain Healthcare® doctors, facilities, clinics, and InstaCare/KidsCare locations—that's 24 hospitals, 160 clinics, and more than 9,600 providers, including specialists who you can see without a referral. This network also includes access to dozens of clinics and providers who aren't affiliated with Intermountain Healthcare.

Additionally, you'll have urgent care telehealth visits through Intermountain Connect Care, our free mental health hotline **(833-442-2211)**, and our Health Answers nurse line **(844-501-6600)**.

We've created the checklist on the next page to help you complete your engagements and live the healthiest life possible.

Wondering whether your current doctor or neighborhood clinic is part of the SelectHealth Share network? To find out, visit selecthealth.org/find-a-doctor. Remember to filter your results by choosing SelectHealth Share from the network drop-down menu.



PRIMARY CARE PROVIDERS

A Primary Care Provider (PCP) sees patients for common medical problems, performs routine exams, and helps prevent or treat illness. You can trust a PCP to know your health history and help you find other doctors when you need them. If your PCP allows virtual (video) visits, you may pay less for these visits based on your benefits. Check out the "Primary Care Provider (PCP) Virtual Visits" benefit on your Member Payment Summary (MPS) to see how much you will pay.

SPECIALISTS

When you need more than your PCP, our network of specialists and surgeons can help.

HOSPITALS AND LOCAL CLINICS

Our facilities span Utah, offering great care and services. Think heart care, cancer treatment, transplant services, women and newborns, and much more—you name it, they can treat it.

INTERMOUNTAIN INSTACARE®

What's open late and costs less than the ER? Our InstaCare® and KidsCare® clinics. If you need urgent care, these are great options.

INTERMOUNTAIN CONNECT CARE®

Visit a provider 24/7 via live online video. Most plans cover this service for a \$0 copay. Check your ID card or member materials for coverage information.

VIRTUAL MENTAL HEALTH

Some mental health providers offer video visits, which may be less expensive to you. Check out the Mental Health Virtual Visits benefit on your MPS to see how much you will pay.

EMERGENCY CARE

If you have an emergency, call 911 or go to the nearest hospital—we've got you covered anywhere you are.