



# Select Health Share Healthy Living Program

## Health screening.

Get a snapshot of your health by attending an onsite screening event or by seeing your doctor for a preventive exam.

## Personify Health Check.

Review your daily habits by completing the annual online assessment.

## Personify Health Challenges.

Stay motivated and healthy all year long with individual and group challenges.

## Sworakit.

Access digital workouts and mindfulness exercises tailored to your wellness goals—anytime, anywhere.

## Rewards.

Complete required and optional activities to earn rewards.

### Cancer screenings (\$20 each)

Complete recommended colon, breast, and cervical cancer screenings as applicable.

### Diabetes prevention program.

At risk for diabetes? You may be eligible for yearly bonus rewards if you meet program criteria and participate in the following:

- ☐ **\$60** - Get a yearly HbA1c lab test.

Optional activities:

- ☐ **\$20** - Prediabetes 101 class
- ☐ **\$40** - Wellness coaching
- ☐ **\$60** - Medical nutrition therapy
- ☐ **\$120** - Way to Wellness program

### Diabetes Management program.

Complete all three required engagements at **\$60** each:

- ☐ HbA1c lab test
- ☐ Kidney function monitoring test
- ☐ Diabetic retinal eye exam

Optional activities:

- ☐ **\$40** - Wellness coaching
- ☐ **\$60** - Medical nutrition therapy
- ☐ **\$120** - Way to Wellness program



Note: Requirements are based on individual age, gender, medical history, and risk factors.

Review your SelectHealth Member Tasks page to check your progress.

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