

Healthy Living

2025 Share Member Guide



Select
Health

Select Health has partnered with Personify Health to provide you with digital wellness tools that can support you in living the healthiest life possible.

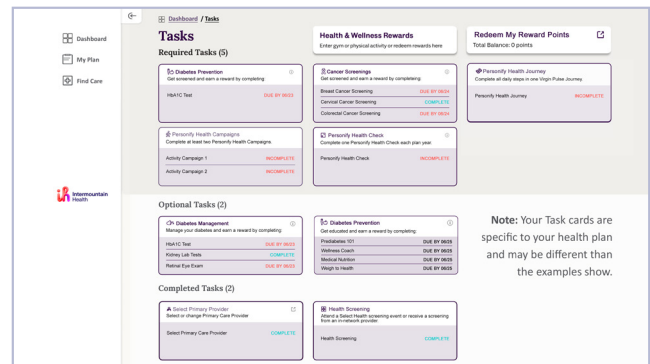
Get started.

Use Google Chrome as your internet browser.

1 Create your SelectHealth.org account or log in.

New Users: Go to selecthealth.org and click Register. Use the subscriber number on your ID card.

Returning Users: Log in.



2 Review Tasks.

Your personalized Tasks dashboard is a one-stop shop for accessing Personify Health tools and keeping track of your completed activities.

The badges in Tasks will reflect your health plan and may look different than this example.

3 Access Personify Health.

New Users: Click the Health Check icon in Tasks to create a Personify Health account. Once you've signed up, download the Personify Health app for easier access.

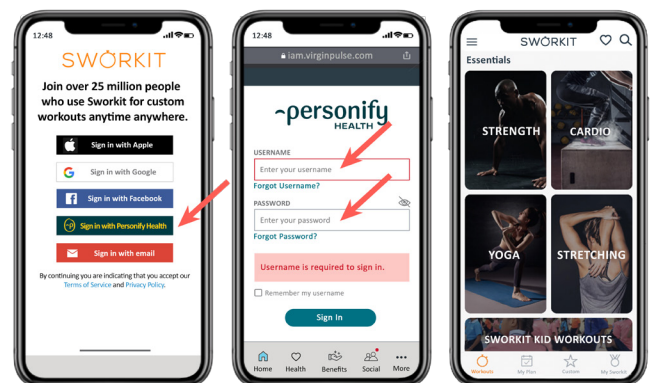
Returning Users: Access Personify Health from the mobile app or from your SelectHealth Tasks page.

Please note, you must complete the Personify Health online registration form before you can use the Personify Health mobile app.

4 Create a Sworkit Account.

Sworkit Health is a benefit from Personify Health that gives you access to fitness, meditation, nutrition, and recovery programs from your cell phone, tablet, or computer.

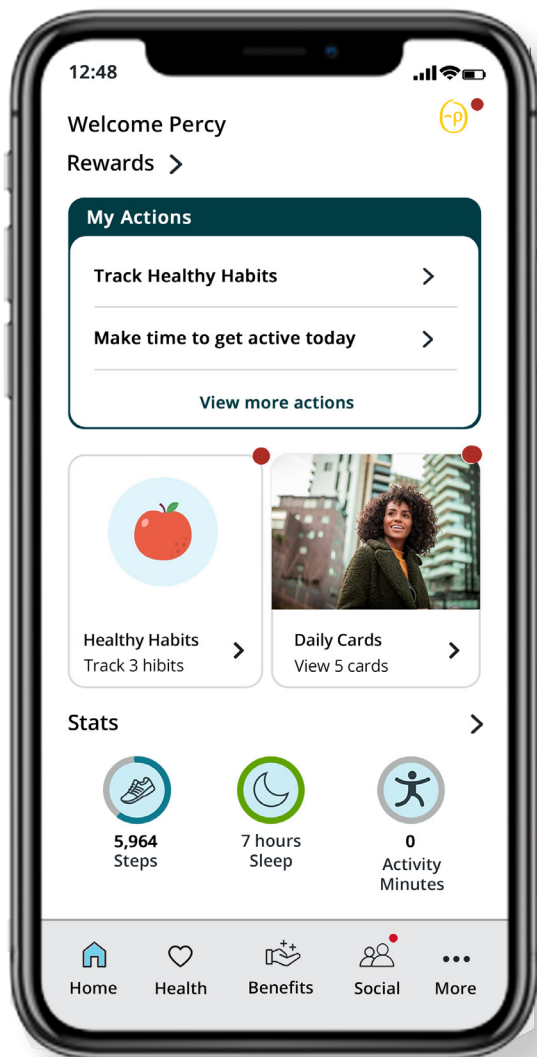
Download the Sworkit app from your App Store or Google Play. Click Sign In followed by Sign up with Personify Health. You'll then be prompted to enter your Personify Health username (email) and password.



Wellness activities.

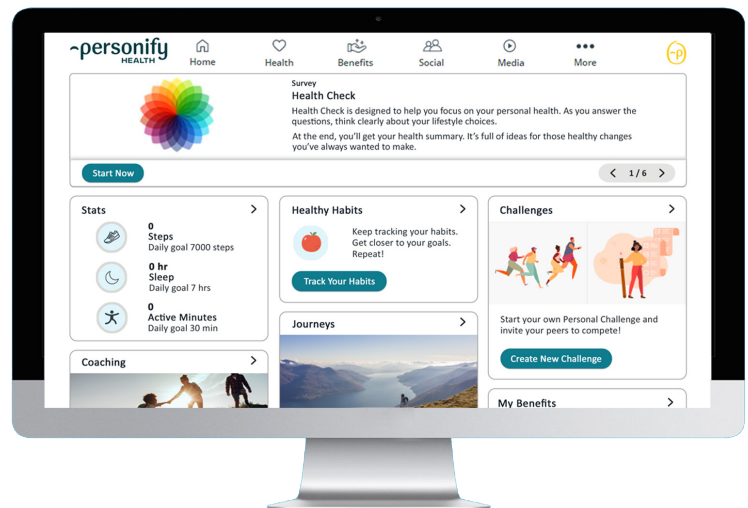
Annual Health Screening.

Get a snapshot of your current health and identify conditions that may need a follow-up. For event dates, contact your HR department. To schedule a screening appointment, contact your primary care provider.



Health Check Health Assessment.

This online assessment provides a summary of your overall health and tips for improvement. To complete your Health Check, log in to your Personify Health account and click on the Health tab.



Journeys® (optional activity)

These digital coaching programs can help you maintain healthy habits and build new ones.

To access, log in to your Personify Health account and click on the Health tab.

Activity Campaigns.

Complete two or more of the following options:

- 7,000 Steps Campaign
- Quarterly Team Challenge
- Four of the promoted Healthy Habits Challenges

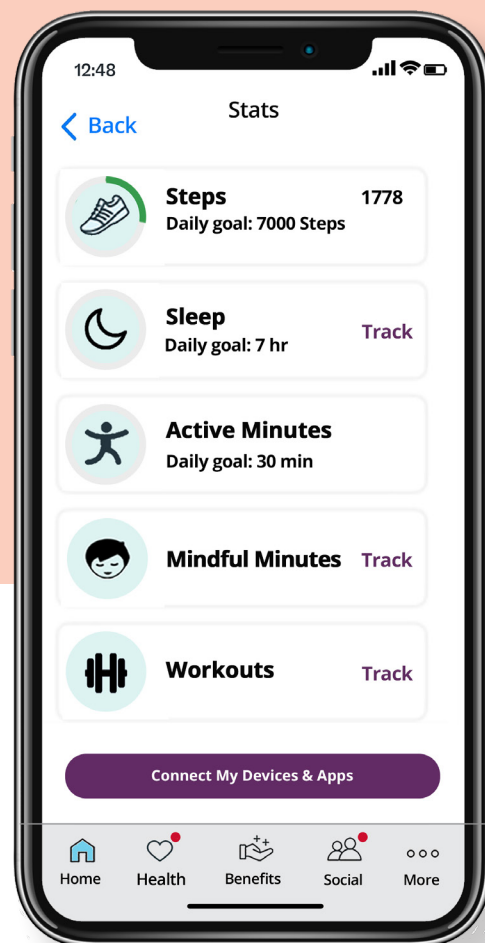
7,000 Steps for 20 Days Participation Rules:

Walk 7,000 steps a day for 20 days or complete the equivalent in non-stepping exercise.

Track steps using a fitness device or app, or by adding them manually using the Add Workout feature in your Personify Health app.

Use the Add Workout feature to convert non-stepping activities to steps.

- Open your Personify Health app or log in to your account to track or sync your weekly activity.
- Steps older than 14 days synced from a device or added to your Personify Health account are not counted.
- Please note, steps or activities completed prior to Personify Health registration do not count.



2025 Challenges.

2025 PERSONIFY HEALTH Team Challenge Calendar

7K STEPS FOR 20 DAYS

Month of JANUARY

WORLD TOUR



Registration Begins JANUARY 13
Challenge Starts JANUARY 27
Challenge Ends FEBRUARY 23

7K STEPS FOR 20 DAYS

Month of MARCH

7K STEPS FOR 20 DAYS

Month of APRIL

PACIFIC CREST TRAIL



Registration Begins APRIL 14
Challenge Starts APRIL 28
Challenge Ends MAY 25

7K STEPS FOR 20 DAYS

Month of JUNE

7K STEPS FOR 20 DAYS

Month of JULY

STRIDING FOR CONNECTION



Registration Begins JULY 21
Challenge Starts AUGUST 4
Challenge Ends AUGUST 31

7K STEPS FOR 20 DAYS

Month of SEPTEMBER

7K STEPS FOR 20 DAYS

Month of OCTOBER

FOOD AROUND THE WORLD



Registration Begins OCTOBER 20
Challenge Starts NOVEMBER 3
Challenge Ends NOVEMBER 30

7K STEPS FOR 20 DAYS

Month of DECEMBER




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Company Team Challenges.

Form a team or register as an individual before joining a four-week challenge. Review the Stats section on your Personify Health account to confirm that your fitness device is syncing properly. You can also manually add workouts each week.

Remember, you can only get credit for either 7,000 Steps for 20 Days or a Team Challenge each month.

2025 Personify Health Healthy Habits Calendar

	MONTH	HEALTHY HABIT*	TOPIC
1 ST QUARTER	 January 13–19	Workout Time Did you schedule time for your workout today?	Getting Active
	 February 10–16	Better Boundaries Did you uphold a personal boundary at home, work, or in your social life?	Building Relationships
	 March 10–16	Plan for Sleep Did you go to bed at a set time today?	Sleeping Well
2 ND QUARTER	 April 14–20	Going Green Were you mindful about taking a sustainable action today?	Acting Sustainably
	 May 12–18	Fresh Air Did you get out of the house today to get some fresh air?	Reducing Stress
	 June 9–15	Go Unsweetened Did you hydrate with an unsweetened drink today?	Eating Healthy
3 RD QUARTER	 July 14–20	Finding Glimmers Did you notice a small moment today that lit up your world?	Reducing Stress
	 August 11–17	Organize Your Finances Did you do one thing today to keep your finances organized?	Managing Finances
	 September 8–14	Hunger Cues Did you practice listening to hunger and fullness cues today?	Eating Healthy
4 TH QUARTER	 October 13–19	Plant Power Did you take time to eat your vegetables today?	Eating Healthy
	 November 10–16	Gratitude Did you take time to write down the things you are grateful for today?	Living with Gratitude
	 December 8–14	Relaxation Breathing Did you take relaxing breaths during a stressful situation today?	Reducing Stress

*Challenges are subject to change.




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Healthy Habit Challenges.

You can also complete four Promoted Healthy Challenges. To complete each challenge, simply track five of seven days each week. By completing four of these shorter monthly challenges, you can earn one Activity Campaign credit.

Note: You can only receive Activity Campaign credit for the Healthy Habits listed on this calendar.

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Additional engagements.

As a Share Member, Select Health rewards you for completing additional health engagements. Visit selecthealth.org/share to learn more about how to complete activities and earn rewards.

Refer to Tasks to see if or when you're eligible for any of the following:

Diabetes Prevention and Management.

Preventing diabetes is key to living a healthy life. If you are at risk for developing diabetes, or you have diabetes, get rewarded for completing tests and exams.

There are optional Diabetes Prevention and Diabetes Management activities as well. Review Tasks and details on selecthealth.org.



Annual preventive care and screenings.

Work with your doctor to determine which screenings are best for you. Share Cancer Screenings follow gender and age-based national guidelines.

Women ages 21-29:	One Pap test every three years.
Women ages 30-65:	One cervical Pap smear every 3 years or an HPV test every 5 years.
Women ages 50-74:	One mammogram every two years.
Men and women ages 45-75:	One colonoscopy every 10 years, or other colorectal cancer screening once every 1-5 years.

If you've had a screening and it's not showing as completed in Tasks, please contact Member Services at **800-538-5038**.

Note that your doctor may recommend earlier, more frequent, or less frequent screenings based on your history and health.

Progress Tracking and Rewards.

If you're eligible to earn additional rewards from your employer group, you can claim them on the Select Health Rewards home page.

- From Tasks, select Progress Tracking & Rewards.
- Review available and completed activities.
- View available points and choose your reward.

**Amounts received may be considered income and subject to tax.*

Condition or injury limiting your mobility?

You can still complete eight promoted Healthy Habit Challenges by focusing 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?

Select Health:

- Personal information will only be disclosed as permitted or required by law.
- Screening data will be loaded in to your secure Healthy Living user profile to provide you with personalized feedback.

Employer:

- Your name may be shared with your employer for incentive determination purposes.



Need help?

Questions about Personify Health?

Call **833-235-6890** or email selecthealth.support@personifyhealth.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 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.

Need Help Finding a Provider?

Call Member Advocates at **800-515-2220**.



**Select
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