

# Healthy Living

## **SELECTHEALTH SHARE<sup>®</sup>**

### **MEMBER GUIDE**

Welcome! In this guide, you will learn how to use the Healthy Living<sup>SM</sup> 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: As part of your employer's incentive program, you must complete certain requirements.



# Get Started

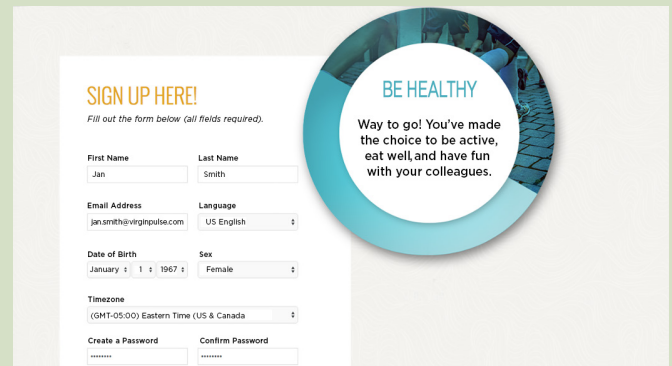
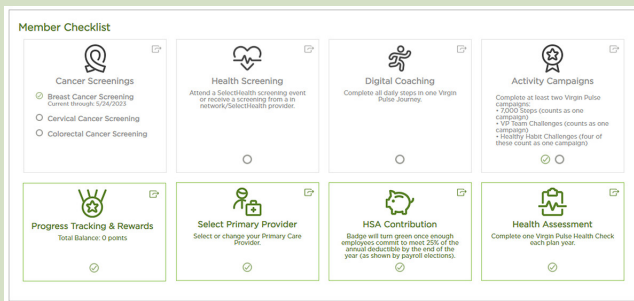
We suggest using Google Chrome as your internet browser for the best experience.

## NEW USER?

**1 CREATE AN ACCOUNT.** Go to [selecthealth.org](https://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](https://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 login 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.

**3 CHOOSE YOUR PRIMARY CARE DOCTOR.** Head back to your Member Checklist on

[selecthealth.org](https://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!



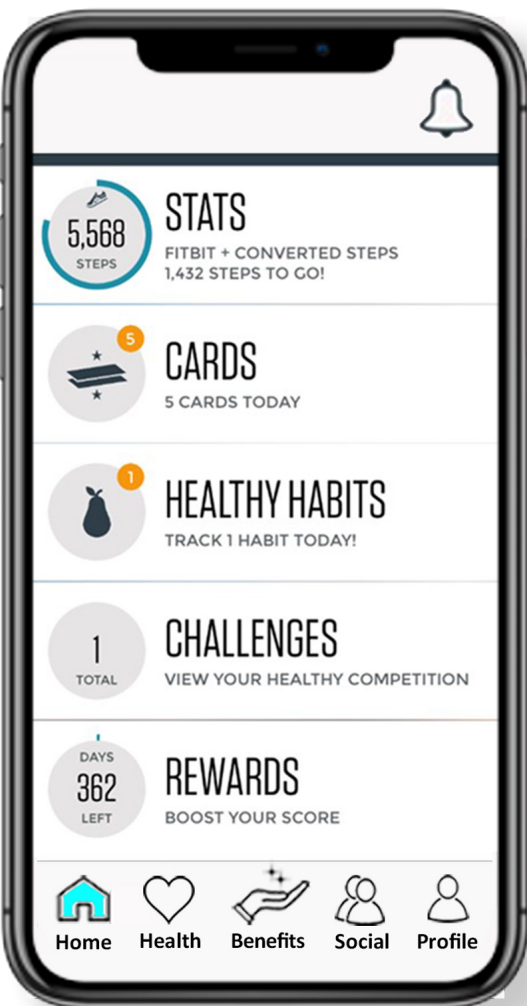
# Health Engagements



## 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 app. 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 your 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 your activity. 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

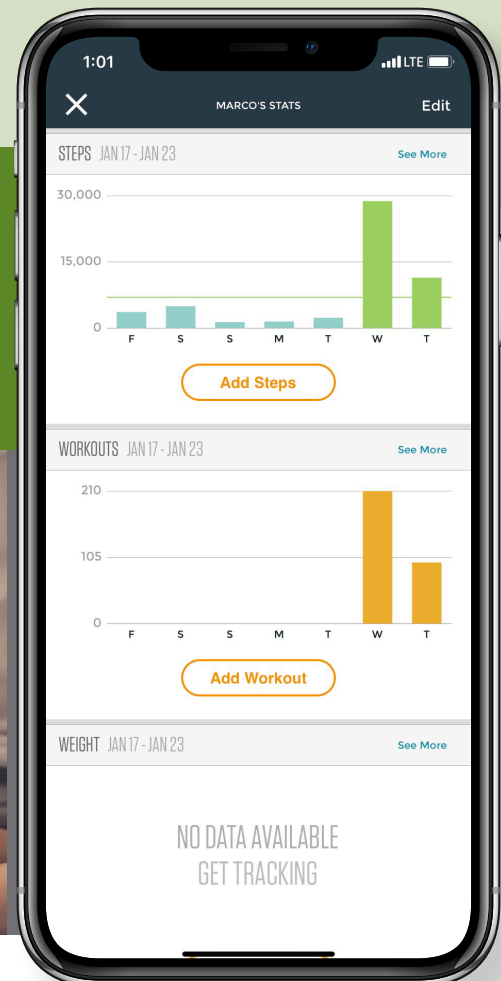
Take 7,000 steps per day for at least 20 days in a calendar month to earn credit for one activity campaign.

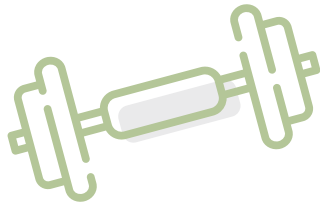
You don't need to sign up for a 7,000 steps campaign. Simply move more and be sure to sync your device or track your activity weekly to earn credit. All activity needs to be entered by the end of the calendar month. Credit for tracking steps starts the date you create a Virgin Pulse account.



### 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 drop-down menu 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

	MONTH	HEALTHY HABIT*	TOPIC
FIRST QUARTER	 JANUARY 11 - 17	<b>MOVE ON THE HOUR</b> Did you get up at least once an hour today?	GETTING ACTIVE
	 FEBRUARY 8 - 14	<b>FRUIT IS SWEET</b> Did you eat fruit when you craved something sweet today?	EATING HEALTHY
	 MARCH 8 - 14	<b>WORDSMITH</b> Did you learn a new word today?	LEARNING NEW THINGS
SECOND QUARTER	 APRIL 12 - 18	<b>LITTER CRUSADER</b> Did you pick up litter you came across today?	CONTRIBUTING TO MY COMMUNITY
	 MAY 10 - 16	<b>SWEET TALK</b> Did you think positive things about yourself today?	ANXIETY AND DEPRESSION
	 JUNE 14 - 20	<b>EXERCISE BREAK</b> Did you take a 5-minute exercise break today?	GETTING ACTIVE
THIRD QUARTER	 JULY 12 - 18	<b>TIME FOR FRIENDS</b> Did you make time to connect with a friend today?	BUILDING RELATIONSHIPS
	 AUGUST 9 - 15	<b>STRESS LESS</b> Did you spend 10 minutes practicing a new stress-reducing technique today?	REDUCING STRESS
	 SEPTEMBER 13 - 19	<b>LOOK UP</b> Did you avoid walking while looking at your phone today?	BEING PRODUCTIVE
FOURTH QUARTER	 OCTOBER 11 - 17	<b>WORLD HOLIDAY</b> Did you learn about a new world holiday today?	EMBRACING DIVERSITY
	 NOVEMBER 8 - 14	<b>ON BUDGET</b> Did you stick to your budget today?	MANAGING FINANCES
	 DECEMBER 13 - 19	<b>APPRECIATE OTHERS</b> Did you express gratitude to someone today?	BUILDING RELATIONSHIPS

### 2021 Team Challenge Calendar

<b>7K STEPS FOR 20 DAYS</b>	Month of <b>JANUARY</b>
<b>TEAM CHALLENGE</b> <b>ONE BRIDGES AROUND THE WORLD</b>	Registration Begins <b>JANUARY 18</b> Challenge Starts <b>FEBRUARY 1</b> Challenge Ends <b>FEBRUARY 28</b>
<b>7K STEPS FOR 20 DAYS</b>	Month of <b>MARCH</b>
<b>7K STEPS FOR 20 DAYS</b>	Month of <b>APRIL</b>
<b>TEAM CHALLENGE</b> <b>TWO RHYTHMS THAT MOVE YOU</b>	Registration Begins <b>APRIL 19</b> Challenge Starts <b>MAY 3</b> Challenge Ends <b>MAY 30</b>
<b>7K STEPS FOR 20 DAYS</b>	Month of <b>JUNE</b>
<b>7K STEPS FOR 20 DAYS</b>	Month of <b>JULY</b>
<b>TEAM CHALLENGE</b> <b>THREE NORTH AMERICAN NOMAD</b>	Registration Begins <b>JULY 19</b> Challenge Starts <b>AUGUST 2</b> Challenge Ends <b>AUGUST 29</b>
<b>7K STEPS FOR 20 DAYS</b>	Month of <b>SEPTEMBER</b>
<b>7K STEPS FOR 20 DAYS</b>	Month of <b>OCTOBER</b>
<b>TEAM CHALLENGE</b> <b>FOUR APPALACHIAN TRAIL</b>	Registration Begins <b>OCTOBER 18</b> Challenge Starts <b>NOVEMBER 1</b> Challenge Ends <b>NOVEMBER 28</b>
<b>7K STEPS FOR 20 DAYS</b>	Month of <b>DECEMBER</b>

## 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.



Condition or injury limiting your mobility?

Complete eight promoted Healthy Habit Challenges. Focus on areas other than physical activity.

# Additional Healthy Living Engagements



## A DIABETES PREVENTION ACTIVITY

Diabetes prevention is key to living a healthy life. If you meet the criteria for developing diabetes, you'll want to complete one diabetes prevention activity. Once the activity is completed, you'll receive a SelectHealth reward for improving your health.

A list of diabetes prevention activities will be available upon eligibility.

## PARTICIPATE IN DIABETES MANAGEMENT

If you have diabetes, please visit [selecthealth.org/share](https://selecthealth.org/share) to view the program details and engagements after April 2021. Plus, we'll reward you for managing your condition.\*

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

## REMEMBER TO GET ANNUAL PREVENTIVE CARE AND SCREENINGS

Preventive care and screenings are key to maintaining and improving your health. Work with your doctor to determine what's best for you. Here are some general Intermountain screening guidelines:

<b>WOMEN AGES 50-74:</b>	One mammogram every two years.
<b>WOMEN AGES 21-29:</b>	One Pap test every three years.
<b>WOMEN AGES 30-65:</b>	One cervical Pap smear every 3 years or can have an HPV test every 5 years.
<b>MEN AND WOMEN AGES 50-75:</b>	One colonoscopy every 10 years, or other colorectal cancer screening once every 1-5 years.

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





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## 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), log in to [selecthealth.org](https://selecthealth.org). From the Member Checklist, select Progress Tracking & Rewards and link to the Rewards home page. Select the wellness activity you have completed. Once accepted, click Select Reward and pick your reward from the options listed.

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### 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](mailto:selecthealth.support@virginpulse.com)**

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**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.

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**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.

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