

# Healthy Living 2024 Member Guide

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



Select  
Health

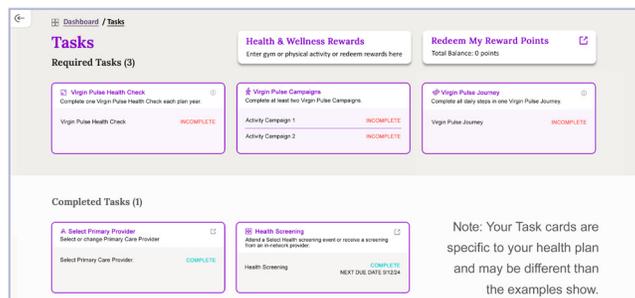
# Get started.

Use Google Chrome as your internet browser.

## 1 Create your SelectHealth.org account or log in.

**New Users:** Go to [selecthealth.org](https://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 Virgin Pulse tools and keeping track of your completed activities.

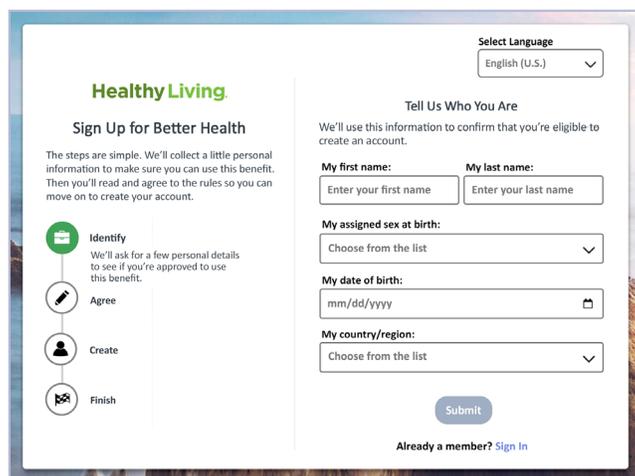
The badges in Tasks will reflect your health plan and may look different than this example.

## 3 Access Virgin Pulse.

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

**Returning Users:** Access Virgin Pulse from the mobile app or from your Select Health Tasks page.

*Please note, you must complete the Virgin Pulse online registration form before you can use the Virgin Pulse mobile app.*

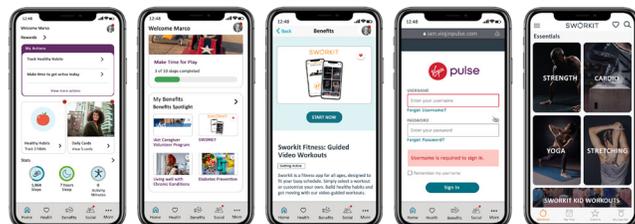


## 4 Create a Sworkit Account.

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

To create a Sworkit account open Virgin Pulse and select Benefits from the Home screen. When Benefits opens, select Sworkit.

From Sworkit you'll be asked to login to create a new account using your Virgin Pulse username and password.



## 5 Choose your in-network primary care provider.

If you don't already have a primary care doctor listed in your [selecthealth.org](https://selecthealth.org) account, designate one on your Dashboard.

**Need help?** Call Select Health Member Advocates at 800-515-2220.



# Health engagements.

## Annual Health Screening Events.

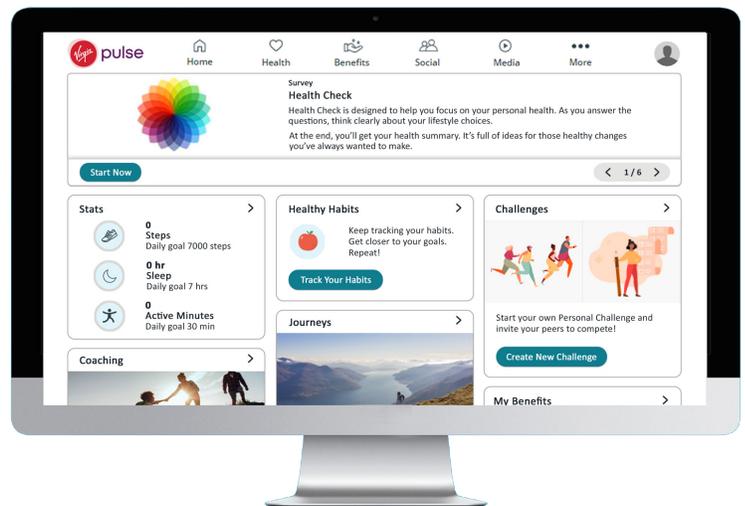
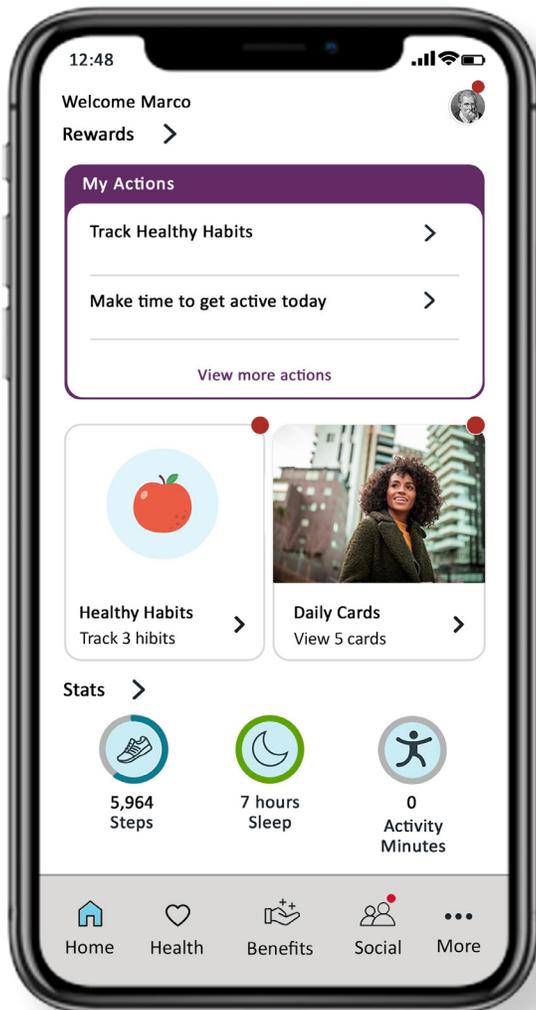
Get a snapshot of your current health and identify conditions that may need a follow-up.

To schedule a health screening appointment, contact your primary care provider.

For on-site or virtual health screening event dates, contact your HR department.

## 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 Virgin Pulse account and click on the Health tab.



## Journeys<sup>®</sup>

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

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

# Activity Campaigns.

Complete two or more options from the following:

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

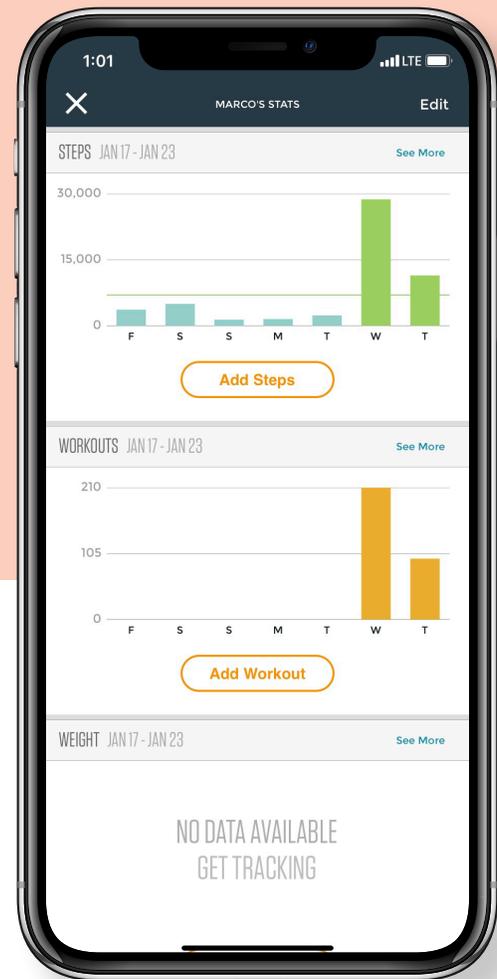
## 7,000 Steps for 20 Days Participation Rules:

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 Virgin Pulse app.

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

- Open your Virgin Pulse 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 Virgin Pulse account are not counted.
- Please note, steps or activities completed prior to Virgin Pulse registration do not count.



# 2024 Challenges.

## 2024 VIRGIN PULSE Activity Campaign Calendar

7K STEPS FOR 20 DAYS	Month of JANUARY
<b>BLACK CONTRIBUTIONS AROUND THE WORLD</b>	Registration Begins JANUARY 15 Challenge Starts JANUARY 29 Challenge Ends FEBRUARY 25
7K STEPS FOR 20 DAYS	Month of MARCH
7K STEPS FOR 20 DAYS	Month of APRIL
<b>GREAT AMERICAN ADVENTURE</b>	Registration Begins APRIL 15 Challenge Starts APRIL 29 Challenge Ends MAY 26
7K STEPS FOR 20 DAYS	Month of JUNE
7K STEPS FOR 20 DAYS	Month of JULY
<b>AMAZING ARCHITECTURE</b>	Registration Begins JULY 22 Challenge Starts AUGUST 5 Challenge Ends SEPTEMBER 1
7K STEPS FOR 20 DAYS	Month of SEPTEMBER
7K STEPS FOR 20 DAYS	Month of OCTOBER
<b>U.S. NATIONAL PARKS</b>	Registration Begins OCTOBER 21 Challenge Starts NOVEMBER 4 Challenge Ends DECEMBER 1
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 Virgin Pulse 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.

## 2024 VIRGIN PULSE Healthy Habits Calendar

	MONTH	HEALTHY HABIT*	TOPIC
FIRST QUARTER	 JANUARY 8 - 14	<b>TIME FOR FRIENDS</b> Did you take time to connect with a friend today?	<b>BUILDING RELATIONSHIPS</b>
	 FEBRUARY 12 - 18	<b>KEEP IT ROUTINE</b> Did you make your day easier by doing one small routine?	<b>BEING PRODUCTIVE</b>
	 MARCH 11 - 17	<b>MINDFUL MINUTE</b> Did you take time to be mindful today?	<b>FOCUS</b>
SECOND QUARTER	 APRIL 8 - 14	<b>ON BUDGET</b> Did you stick to your budget today?	<b>MANAGING FINANCES</b>
	 MAY 13 - 19	<b>DEVICE FREE ZONE</b> Did you remove all devices from your bedroom?	<b>SLEEPING WELL</b>
	 JUNE 10 - 16	<b>BRAIN GAMES</b> Did you play brain games or work on puzzles today?	<b>LEARN NEW THINGS</b>
THIRD QUARTER	 JULY 8 - 14	<b>BIT OF EVERYTHING</b> Did you eat a variety of foods from different food groups today?	<b>EATING HEALTHY</b>
	 AUGUST 12 - 18	<b>WORKOUT TIME</b> Did you schedule time for your workout today?	<b>GETTING ACTIVE</b>
	 SEPTEMBER 9 - 15	<b>LOOSEN UP</b> Did you take time to relax today before bed?	<b>SLEEPING WELL</b>
FOURTH QUARTER	 OCTOBER 14 - 20	<b>STAYING THOUGHTFUL</b> Did you look inwards today to stay curious about your emotions?	<b>FIND EMOTIONAL BALANCE</b>
	 NOVEMBER 11 - 17	<b>SERIOUSLY FUN</b> Did you make work fun today by sharing a laugh, etc.?	<b>BEING PRODUCTIVE</b>
	 DECEMBER 9 - 15	<b>STEP AWAY</b> Did you choose to step away and calm your emotions, when needed?	<b>FIND EMOTIONAL BALANCE</b>

\*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.

## 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 Virgin Pulse?

Call **833-235-6890** or email [selecthealth.support@virginpulse.com](mailto:selecthealth.support@virginpulse.com)

## Questions about your Select Health 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**.



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