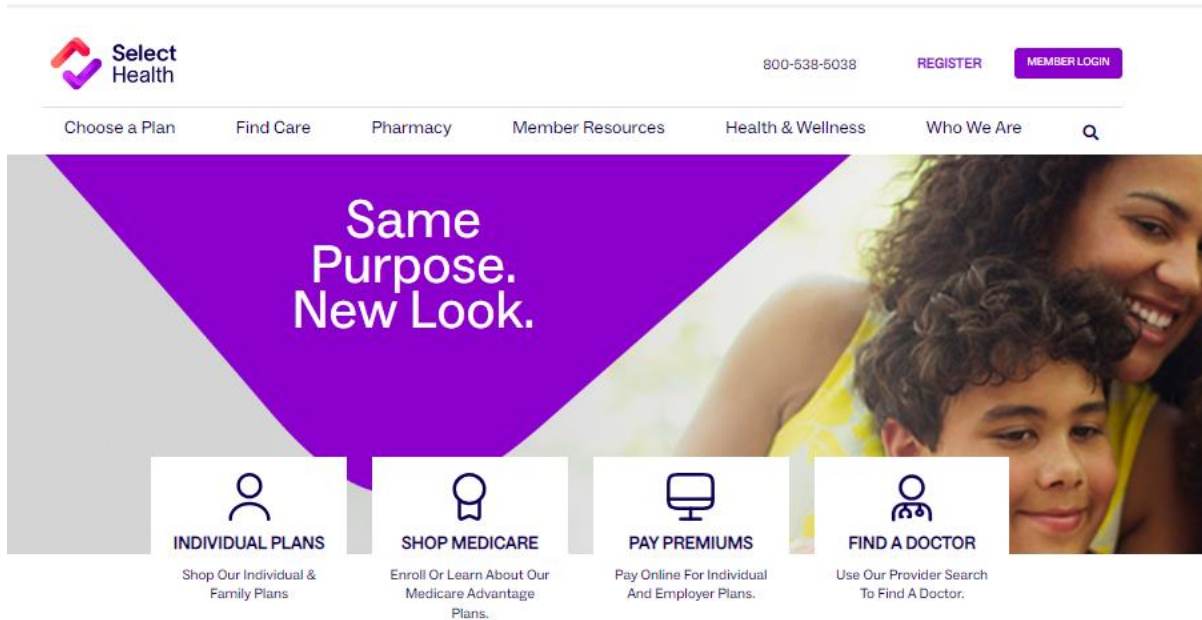


Instructions to Sign Up for Virgin Pulse

1. Go to SelectHealth.org
2. If you have an existing account, click “Member Login”. If you do not, click “Register”. When it asks about your identification numbers, click “Select Health Scripius”. You will then be taken to a page where you can insert your personal information including your insurance number (if you do not have an insurance number, insert your wellness only number).



3. From the main dashboard, scroll to the Task List, and click on one of the Virgin Pulse Activities.

<p>Virgin Pulse Journey® Complete all daily steps in one Virgin Pulse Journey.</p> <p>Virgin Pulse Journey Complete</p>	<p>Virgin Pulse Health Check® Complete one Virgin Pulse Health Check.</p> <p>Virgin Pulse Health Check Incomplete</p>	<p>Virgin Pulse® Campaigns Complete at least two Virgin Pulse Campaigns.</p> <p>Virgin Pulse Campaign One Complete</p> <p>Virgin Pulse Campaign Two Incomplete</p>
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4. You will be taken to the Virgin Pulse to sign up.
5. Once signed up for Virgin Pulse, you can choose to download the app for easy convenience.

Note: If you are not sure if you have an account, you can try to retrieve it by clicking “Forgot Username” and inserting your email. If you cannot remember a previous email or have other issues, call Online Services at 1-800-442-5502 to get connected.