

# WELLNESS REQUIREMENTS



## My Health

Create a "My Health" account on [selecthealth.org](http://selecthealth.org)



## Primary Physician

Select a primary care physician on the "My Health" portal



## Health Screening

Attend a screening event or complete a preventative exam from a physician



## Health Check

Complete a Health Check on the Virgin Pulse portal



## Digital Coaching

Complete one or more digital coaching or journeys on the Virgin Pulse portal



## Steps

Create an account with Virgin Pulse and successfully participate and record results for two campaigns



## Cancer Screening

Complete age appropriate screenings.



## Diabetes

Be sure and have your A1C checked.



**WELLNESS  
REQUIREMENTS**

# SUMMER



My Health



Primary Physician



Health Screening



Cancer Screening



Diabetes

# SEPTEMBER



Health Check



Digital Coaching



Steps





2023

2.5% RENEWAL  
GUARANTEE



\*Pending 70% participation with wellness requirements 3

**2022**

**WELLNESS  
INCENTIVE**



# 70% PARTICIPATION GUARANTEED 2.5% RENEWALS

- ⦿ \$ 10 0 CONTRIBUTION TO HSA
- ⦿ HSA CONTRIBUTION FOR SUCCESSFUL COMPLETION WILL BEGIN IN JANUARY 20 23, AND THE DEADLINE FOR COMPLETION IS APRIL 1.
- ⦿ Spouse on insurance may also participate and earn \$ 10 0 HSA contribution

