Healthy Living

2023 MEMBER GUIDE

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

We encourage you to complete all the activities in this guide. Please note, some activities may be required as part of your employer's incentive program.

selecthealth.

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 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.
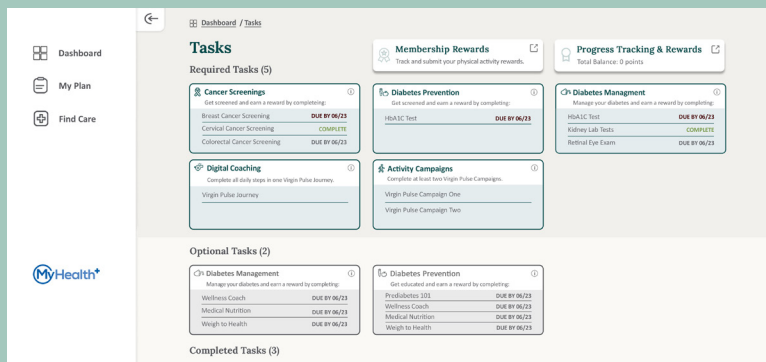
PLEASE NOTE, YOU MUST COMPLETE THE VIRGIN PULSE ONLINE REGISTRATION FORM BEFORE YOU CAN USE THE VIRGIN PULSE MOBILE APP.

3 ACCESS VIRGIN PULSE.

New Users: Click the Health Assessment 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 SelectHealth Tasks page.

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## 4 CHOOSE YOUR IN-NETWORK PRIMARY CARE PROVIDER.

If you don't already have a primary care doctor listed in your **selecthealth.org** account, designate one on your Dashboard.

Need help? Call the SelectHealth Member Advocates at **800-515-2220**.

Health Engagements

ANNUAL HEALTH SCREENING

Annual Health Screenings give you a snapshot of your current health, while identifying possible conditions in need of further evaluation. You can contact your Human Resources department for event dates or meet with your SelectHealth in-network provider for a screening.
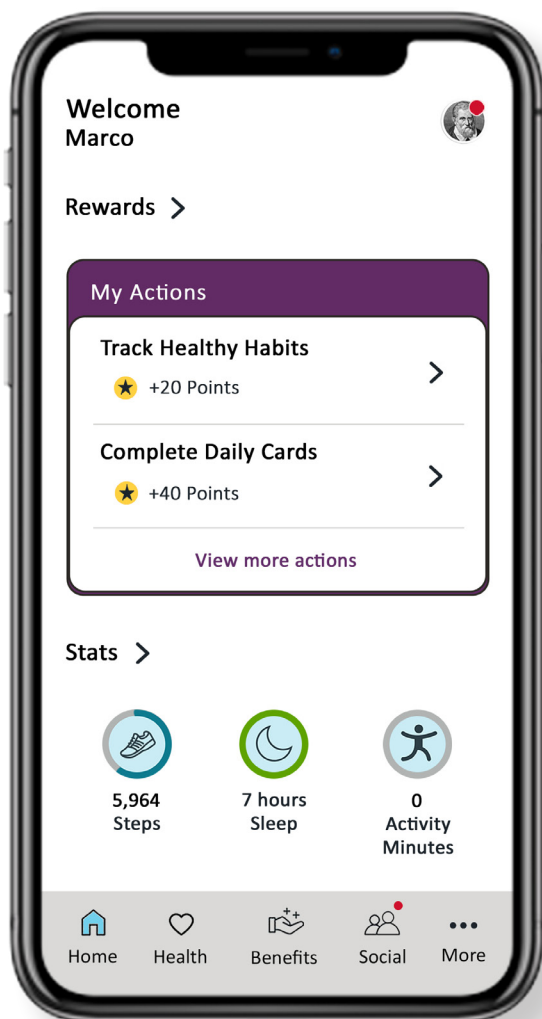
HEALTH CHECK HEALTH ASSESSMENT

The Health Check is an online health assessment that gives you a summary of your overall health while offering tips for improvement. You can complete your Health Check from the Health tab on Virgin Pulse.
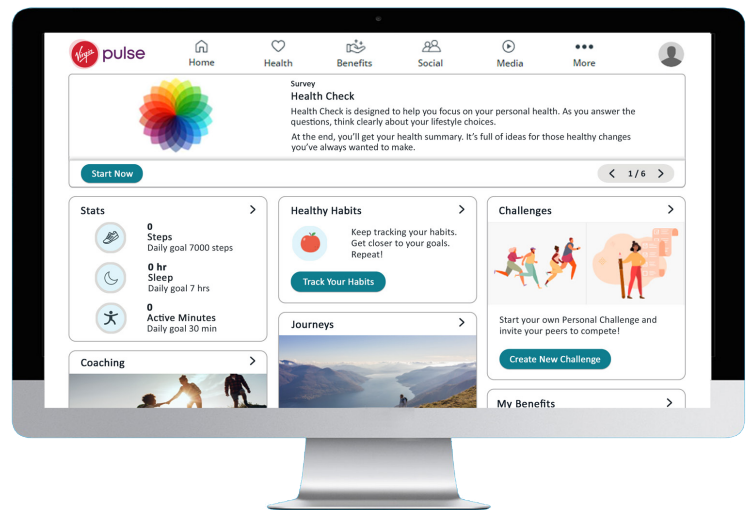
JOURNEYS®

Journeys are digital coaching programs that help you create new healthy habits or keep the ones you have. You can access them on the Health tab of Virgin Pulse. Choose a Journey and learn ways to improve your self-care, stay connected, communicate better, and more.

Check in daily to complete your Journey. Missed a day? That's okay. Pick up where you left off and finish strong.

ACTIVITY CAMPAIGNS

Complete two or more Activity Campaigns. Choose from a 7,000 Steps Campaign, a quarterly Team Challenge, or four of the promoted Healthy Habit Challenges.

7,000 STEPS FOR 20 DAYS PARTICIPATION RULES:

You can earn the 7,000 Steps for 20 Days Activity Campaign completion by walking 7,000 steps for 20 days or completing an equivalent non-stepping exercise.

Steps can be tracked using a fitness device or app, as well as by using the Add Steps or Add Workout features in Virgin Pulse.

> Open your Virgin Pulse app or log into your account to track or sync activity weekly.
> Steps synced from a device or added to the Virgin Pulse website older than 14 days are not counted.
> Please note, steps or activities completed prior to Virgin Pulse registration do not count.

Pro tip:

Use the Add Workout tool to convert non-stepping activities like yoga, weight lifting, swimming, and cycling, to steps.
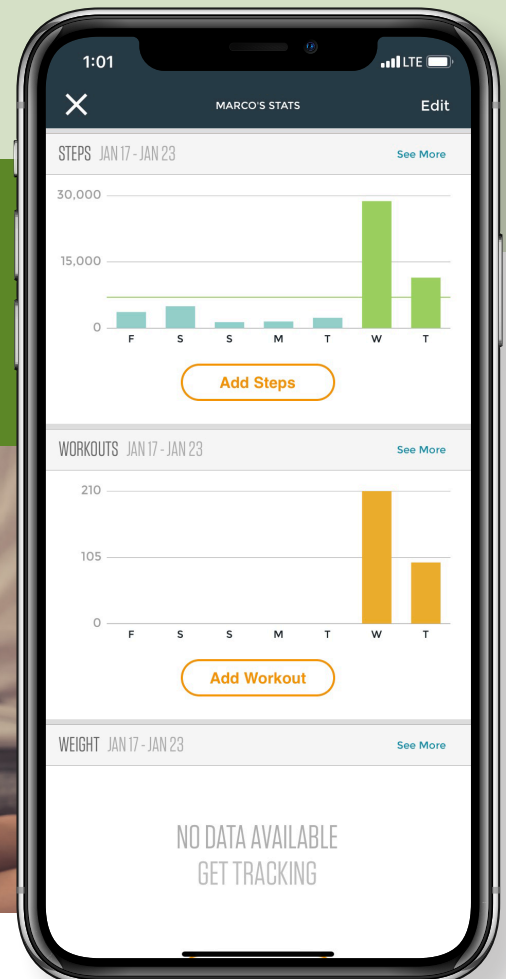
2023 Challenges

COMPANY TEAM CHALLENGES

Team Challenge – Camaraderie and competition can help keep you moving! Form a team or register as an individual before joining a four-week challenge. You can go to the Stats area on Virgin Pulse to confirm your fitness device is syncing properly or manually add your workouts each week.

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

2023 Healthy Habit Challenges Calendar

|		MONTH	HEALTHY HABIT*	TOPIC
FIRST QUARTER		**JANUARY** 9 – 15	**TAKE YOUR TIME** Did you take time to eat and be mindful at meals today?	**EATING HEALTHY**
		FEBRUARY 13 – 19	**CELEBRATE YOURSELF** Did you name one positive quality about yourself related to your culture or background?	**EMBRACING DIVERSITY**
		MARCH 13 – 19	**MIND SWEEPER** Did you take time to relax your mind before bed?	**SLEEPING WELL**
SECOND QUARTER		**APRIL** 10 – 16	**UNPLUG IT** Did you unplug an appliance you're not using today?	**ACTING SUSTAINABLY**
		MAY 8 – 14	**EMOTIONS AND DECISIONS** Did you notice how your emotions affected your decisions?	**FIND EMOTIONAL BALANCE**
		JUNE 12 – 18	**REWIRE STEREOTYPES** Did you mentally challenge a stereotype you thought about today?	**DIVERSITY, EQUITY & INCLUSION**
THIRD QUARTER		**JULY** 10 – 16	**FIT IN STRENGTH** Did you do some strength exercises today?	**GETTING ACTIVE**
		AUGUST 7 – 13	**SMART SCALE** Did you practice using the hunger scale today?	**EATING HEALTHY**
		SEPTEMBER 11 – 17	**CONNECT THROUGH EMPATHY** Did you invoke empathy during one interaction today?	**DIVERSITY, EQUITY & INCLUSION**
FOURTH QUARTER		**OCTOBER** 9 – 15	**CHECKING IN** Did you stop and notice your emotions without judgement?	**FIND EMOTIONAL BALANCE**
		NOVEMBER 13 – 19	**POWER FOR GOOD** Did you speak positively of someone with less privilege or power than you today?	**DIVERSITY, EQUITY & INCLUSION**
		DECEMBER 11 – 17	**ORGANIZE YOUR FINANCES** Did you do one thing today to keep your finances organized?	**MANAGING FINANCES**

2023 Team Challenge Calendar

7K STEPS FOR 20 DAYS	Month of **JANUARY**
TEAM CHALLENGE ONE MINDFUL EXPLORATION	Registration Begins **JANUARY 16** Challenge Starts **JANUARY 30** Challenge Ends **FEBRUARY 26**
7K STEPS FOR 20 DAYS	Month of **MARCH**
7K STEPS FOR 20 DAYS	Month of **APRIL**
TEAM CHALLENGE TWO ECO-FRIENDLY CITIES	Registration Begins **APRIL 17** Challenge Starts **MAY 1** Challenge Ends **MAY 28**
7K STEPS FOR 20 DAYS	Month of **JUNE**
7K STEPS FOR 20 DAYS	Month of **JULY**
TEAM CHALLENGE THREE SCALE THE SUMMITS	Registration Begins **JULY 17** Challenge Starts **JULY 31** Challenge Ends **AUGUST 27**
7K STEPS FOR 20 DAYS	Month of **SEPTEMBER**
7K STEPS FOR 20 DAYS	Month of **OCTOBER**
TEAM CHALLENGE FOUR SIGHTS DOWN SOUTH	Registration Begins **OCTOBER 16** Challenge Starts **OCTOBER 30** Challenge Ends **NOVEMBER 26**
7K STEPS FOR 20 DAYS	Month of **DECEMBER**

HEALTHY HABIT CHALLENGES

You can also complete four Promoted Healthy Challenges. To complete each challenge, you just need to 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.
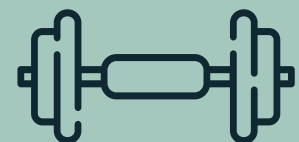
Condition or injury limiting your mobility?

You can still complete eight promoted Healthy Habit Challenges by focusing on areas other than physical activity.

PROGRESS TRACKING AND REWARDS, IF APPLICABLE

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

From Tasks, select Progress Tracking & Rewards. Review the available activities or those you've completed. Once you see the points you have available, choose your reward*!

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

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.

Need help?

QUESTIONS ABOUT VIRGIN PULSE?

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

NEED HELP FINDING A PROVIDER?

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

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