



## Need help?

### QUESTIONS ABOUT VIRGIN PULSE?

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

