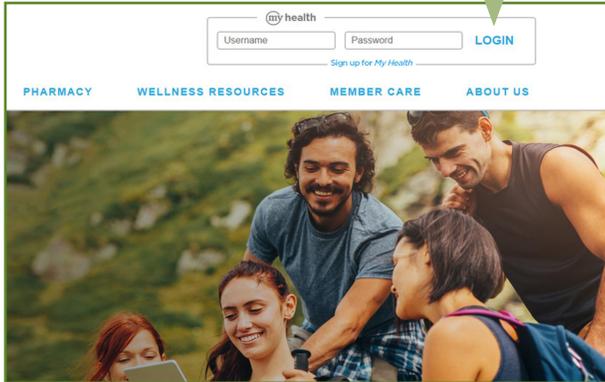


How to Participate in Healthy LivingSM

FOR SELECTHEALTH SHARE[®]

1. Attend Your Workplace Health Education and Screening Event. Get personalized health coaching and a biometric screening at our Health & Wellness display at your worksite—or, if you prefer, see your primary care doctor prior to the event.

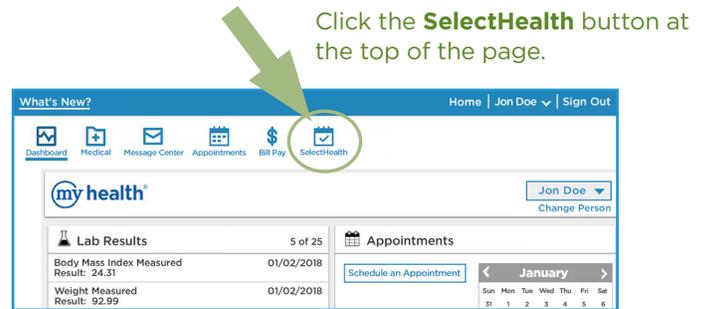
Visit selecthealth.org.



2. Create a My Health Account. Log in to **My Health** to learn more about your benefits, view claims, check lab results, compare prescription drug prices, and participate in Healthy Living.

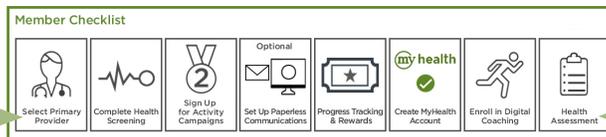
Problems logging in? Call Online Services at **800-442-5502** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 7:00 a.m. to 3:00 p.m.

Register or log in to your **My Health** account.



3. Select Your Primary Care Provider. Log in to your **My Health** account. Choose “**Select Primary Provider**” from your Member Checklist. Then scroll down and click on “**Select New Primary Care Provider**” on the lower-left-hand corner of the page. Using the “**Find a Doctor**” tool, select “**+Add as Primary Care Provider (PCP)**” below the provider of your choice.

Select **Primary Provider** to choose your physician.



Choose **Health Assessment** from the **Member Checklist**.



4. The Health Assessment. Our health assessment helps you discover connections between everyday lifestyle choices and your long-term health. Because there are many aspects to health, this assessment includes four categories: Biometrics, Body, Mind, and Lifestyle.

Take your **Health Assessment**.

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How to Participate in Healthy Living

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5. Take One or More Digital Coaching Programs. Healthy Living offers 11 scientifically proven programs that emulate a live coaching session. Programs are personal, private, convenient, and designed to guide you through a variety of topics important to your personal health.



Access **Digital Coaching**.



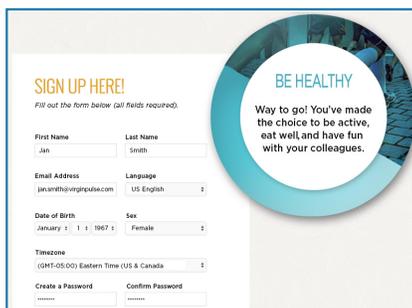
Choose one or more of the 11 **Digital Coaching** programs.

6. Create Your Healthy Living Virgin Pulse (VP) Account and Participate in Two or More Online Activity Campaigns.

Access Your VP Account. You can access the program three ways:

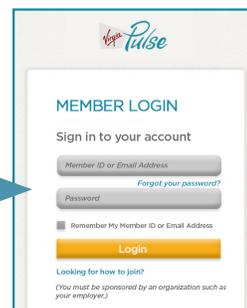
1. Log in to **My Health** and click on **Activity Challenges**.
2. Visit member.virginpulse.com. Log in using your email address as your username and your VP password. (bookmark for quick access.)
3. Use the VP mobile app. Search for Virgin Pulse in the Google Play or Apple® App StoreSM. Use your email address as your username and your **My Health** password.

Note: You cannot create a VP account by going directly to the VP website or from their mobile app. You must create the account within **My Health** before using their webpage or mobile app.



On your first visit, you'll need to create a **Virgin Pulse** account.

Virgin Pulse website option (member.virginpulse.com).



Virgin Pulse mobile app option.



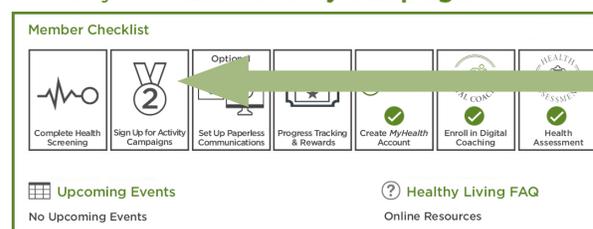
Participate in Two or More Online Activity Campaigns. To earn your two Activity Campaigns, select from three challenge types. Choose any combination from the options below:

- > **Company Challenges.** Read about participating in these virtual destination challenges on the next page.
- > **7,000 Steps Challenges.** Get at least 7,000 steps per day for at least 20 days in a calendar month to earn one Activity Campaign. For non-stepping activities (like swimming), the “add a workout” tool can be used to convert activities to steps. Be sure to track weekly to earn credit.
- > **Healthy Habit Challenges.** Offered throughout the year, these one-week challenges can help you develop healthy habits. Participate by tracking daily activities in one of nine wellness areas, like being more active and choosing healthy foods. Complete each challenge by performing the target behavior successfully at least five of seven days and reporting it on the VP website or app. Completing four challenges equals one Activity

Campaign. (Because these challenges are only offered once per month, it takes four months to complete four challenges or the equivalent of one Activity Campaign).

Note: If you complete two challenges in the same month, like 7,000 steps and a Company Team Challenge, only one will count towards your Activity Campaigns.

Access your **Online Activity Campaigns**.

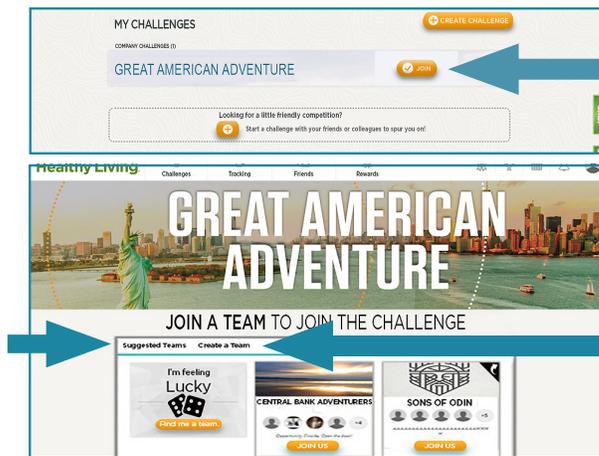


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How to Participate in Healthy Living

FOR SELECTHEALTH SHARE

Participate in a Company Challenge. First, you'll need a team to participate. Teams can range from one to ten players, but larger teams have an advantage. If possible, fill your team with all ten players. Each Company Challenge has a registration period (six times a year) before starting to give you time to join an existing team or create your own. Company Challenges will populate on the Challenges tab of the website or mobile app on the registration start date.



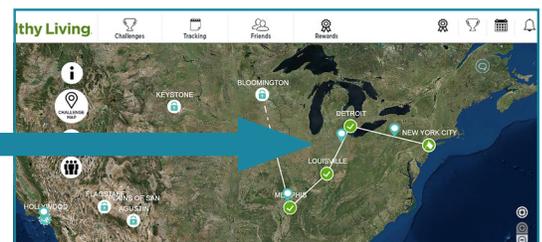
Once a challenge becomes available, click **Challenges**, then **Join**.

Create a new team or join one of the suggested teams.

Teams Track Steps. Participants report steps weekly during four-week challenges. Your team's total steps will be added to the map as you travel to each location until you reach the final destination or run out of time. You'll be able to virtually visit each location before moving on. Participants receive credit for completing the challenge if they tracked their steps weekly during the four-week period—even if they didn't reach the final destination. If you'd like more competition, select rival teams and track your progress against theirs. Or just support your team and work on reaching your own personal activity goals.

Your team's total steps will be applied to the map.

Select your tracking device to sync your activity.



Apps and Devices. Activity tracking devices like Fitbit® and Garmin® can be synced to the VP platform. The device will report your Company Challenge steps. Similarly, apps like Apple Health or Samsung Health can be synced to the VP app, turning your smart phone into a fitness tracker. Some apps/devices require that you open the VP app weekly or open the app from the device's manufacturer (e.g., Fitbit app) before steps are sent to the challenge. **We recommend opening your app weekly during challenges.**

Website Tracking. If you aren't using an app or device, use the VP website to manually track your steps. Report daily steps or use the conversion tool to estimate how many step equivalents you've taken for other exercises, such as swimming or bicycling. To use the steps conversion tool, use the "Log a Workout" option.

(See the orange arrow.)
To manually report steps, use the "Log Steps" option.
(See the blue arrow.)



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How to Participate in Healthy Living

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7. Track Your Progress Toward Earning a Reward, if applicable. The Rewards icon shows you a list of available wellness activities and allows you to see your progress toward earning your employer's wellness incentive. If you have a medical condition limiting your physical ability, you may be able to earn your wellness incentive another way. Contact your HR department for information.



Access **Rewards Page**.

8. Complete Prediabetes Education, if Applicable. If your health screening/assessment indicates you have prediabetes, you will need to complete prediabetes education. Plus, we'll reward you for improving your health with a Healthy Rewards Visa cash card. Participate in one of the five educational opportunities we have available.

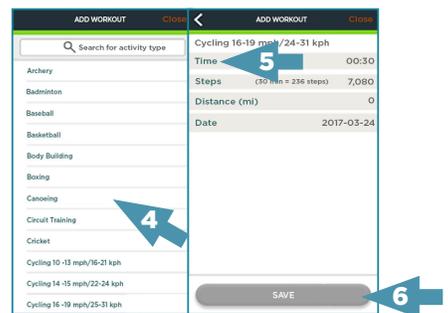
- > Meet with your PCP and discuss options to avoid prediabetes.
- > Attend Intermountain Healthcare's Prediabetes 101 class.
- > Complete three Medical Nutrition Therapy visits.
- > Complete the Weigh to Health Program.
- > Meet twice with a SelectHealth Wellness Coach (visits must be at least 30 days apart).

9. Participate in Care Management, if Applicable. If you have asthma, diabetes, Chronic Obstructive Pulmonary Disease (COPD), or heart failure, you may need to work with a SelectHealth care manager. Plus, we'll reward you for improving your health with Healthy Rewards Visa cash cards.

10. Get Your Cancer Screenings. Regular preventive care can help you stay healthy and identify health problems early—when they are easier to treat and cure. Complete these age- and gender-based screenings.

- > Women age 42-69: One mammogram every two years.
- > Women age 24-64: One Pap test every three years.
- > Men and women age 51-80: One colonoscopy every 10 years, or other colorectal cancer screening once every 1-5 years.

Who Will See My Personal Information? Your personal health information will be provided to and kept confidential by SelectHealth®. We will only disclose your personal health 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.



Participate in **Care Management** and earn yearly incentives if you have **asthma, diabetes, COPD, or heart failure**.

Questions? 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.