

SelectHealth Share Checklist

90 DAYS

YOUR FIRST 90 DAYS* (ALL EMPLOYEES)

Create an online *My Health* account. This is key to accessing your Healthy Living tools and tracking your engagements. It's your health hub.

Pick your Primary Care Provider (PCP). Once you choose your doc, make sure to tell us via *My Health* or by calling Member Services at **800-538-5038**. Establishing a PCP is critical. From getting care quickly when you need it to referrals, your PCP is your #1.

Attend a work-site health screening event or obtain the screening from a physician. This is how we establish your health baseline and figure out the best plan for you.

Complete the annual online health assessment on the Healthy Living website (via your *My Health* account). Your assessment can identify health risks so you can address them sooner rather than later.

Establish and contribute to a Health Savings Account (HSA). This is for those of you who have a high-deductible health plan and contribute at least 25% of your annual deductible. Consider this your health bucks account—a real lifesaver when you need it.

YOUR FIRST NINE MONTHS* (ALL EMPLOYEES)

Complete at least one online digital health coaching program. Receive tips and resources on improving any health issues—and hey, we all have at least one. Log in to *My Health*, and find “Digital Coaching” in the Healthy Living section of your dashboard.

At least one 30-day check-in. So, remember that digital coaching and health assessment you completed? You need to check in so we know how you're doing. You'll receive an email, and all you need to do is click the email link to get started.

Get moving with Virgin Pulse. This is a two-part engagement. First, create a Virgin Pulse account. This is where we track your activity. Then, complete at least two of the wellness/activity campaigns. Keep in mind, company team challenges, 7,000 steps in 20 days, or Healthy Habits Challenges all count as activity campaigns.

*of the plan year

9 MONTHS

A FEW EXTRAS

For employees who have a condition, or are of a specific age and/or gender, there are a few special engagements that will help you feel your best. And because we care, these are also required.

Complete 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

Complete prediabetes education. 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.

Take advantage of these educational opportunities:

- > 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).

Participate in disease management.

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.