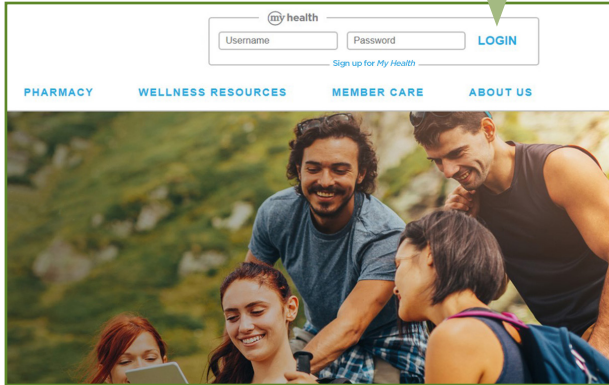


How to Participate in Healthy LivingSM

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.

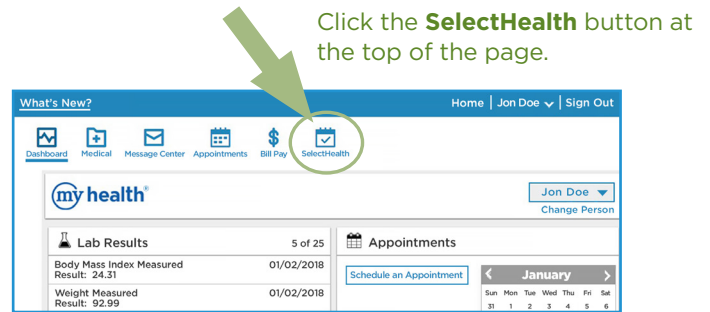
Visit selecthealth.org.



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.

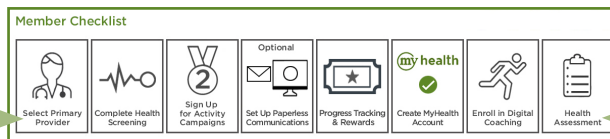
Problems logging in? Call Online Services at **800-442-5502** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 7:00 a.m. to 3:00 p.m.

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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