

How to participate in Healthy Living for SelectHealth Share®

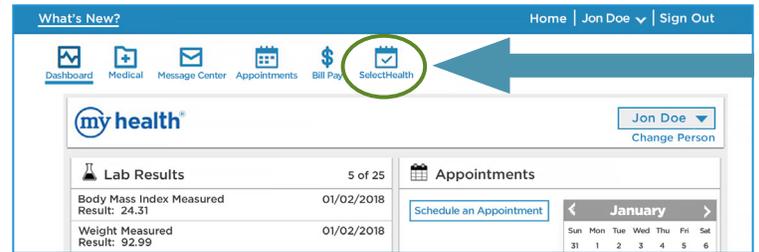
1. Create a My Health Account. Log in to **My Health** to learn more about your benefits, view claims, check lab results, compare prescription drug prices, and participate in Healthy Living. Log-in questions? Call Online Services at **800-442-5502** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 7:00 a.m. to 3:00 p.m.

Visit selecthealth.org.

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



Click the **SelectHealth** button at the top of the page.



2. Attend Your Workplace Health Education and Screening Event. Get personalized health coaching and a biometric screening at your work-site—or, if you prefer, see your primary care doctor for a preventive exam.

3. Select Your Primary Care Physician. 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.



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

4. Complete 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**



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. Check-In's. After you complete the Health Assessment or a Digital Coaching program, check-in's will become available allowing you to report user satisfaction and/or behavior change information. Check-in's are generated after 30 days and again at 90 days following the submission of the Health Assessment or any of the Digital Coaching programs. An e-mail will be sent to notify you when a check-in becomes available. Each check-in will be available for 21 days. Be sure to complete at least one check-in during the first nine months of your benefits plan year.

Click on **To-Do List**

Access **Check-In's**

7. Create Your Healthy Living Virgin Pulse (VP) Account and Participate in Two or More Online Activity Campaigns. There are three challenges types to select from to earn your two Activity Campaigns. Choose any combination from the options below:

Company Challenges. In these four-week, virtual destination challenges, you'll join a team and compete against others to reach a group goal. Participants are urged to form teams of up to 10 members—you may also register and participate as an individual. As a team gains steps, they take a virtual journey unlocking destinations that include a map, leaderboard, and online support. Track steps (or step equivalents) for the length of the challenge. To track steps, sync your device (such as a Fitbit) or compatible smartphone app, or track manually on the VP website or app. To get credit, be sure to track each week of the challenge.

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. For credit, be sure to track weekly.

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).

*If you have a medical condition or injury that limits your mobility, you could choose a Company Team Challenge with no steps requirement or complete four Individual Healthy Habit Challenges.

Note: If you participate in a Company Team Challenge and achieve 7,000 steps for 20 days in the same month, only one of the activities will be counted.

Access your **Online Activity Campaigns**

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

Once you create a VP account in **My Health**, you can access the program three ways:

A. Log in to **My Health** and click on **Activity Campaigns**.

B. Visit **member.virginpulse.com**. Log in using your email address as your username and your VP password. (Bookmark for quick access.)

C. Use the VP mobile app. Search for Virgin Pulse in the Apple App or Google Play Store. Use your email address as your username and your VP 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.

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

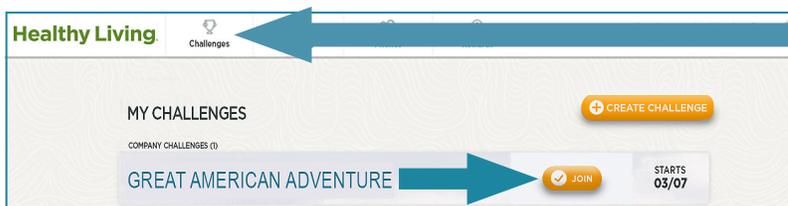
Virgin Pulse
Mobile App
Option

2019 COMPANY CHALLENGE CALENDAR*

2019 CHALLENGE I	2019 CHALLENGE II	2019 CHALLENGE III	2019 CHALLENGE IV	2019 CHALLENGE V	2019 CHALLENGE VI
Great American Adventure	Amazing Architecture	European Expedition	US National Parks	South American Step Off	Scale the Summits
Registration Starts: 1/14/19	Registration Starts: 2/18/19	Registration Starts: 4/15/19	Registration Starts: 5/20/19	Registration Starts: 7/15/19	Registration Starts: 8/19/19

To participate in a Company Challenge, you need a team. Teams can range from one to ten players, but larger teams have the advantage. If possible, fill your team with all ten players. Each Company Challenge has a registration period 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, according to the schedule to the left.

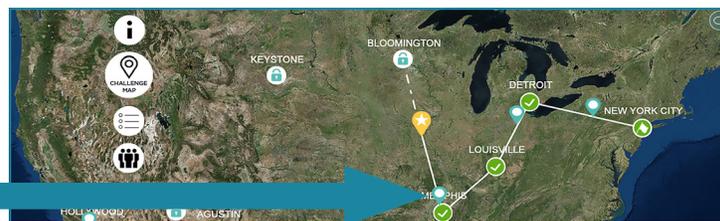
**Calendar subject to change.*



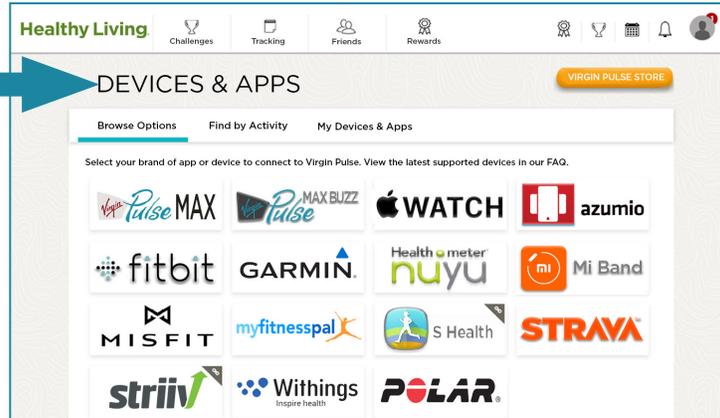
Once a challenge becomes available, click **Challenges**, then **Join**



Create a new team or join one of the suggested teams



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



Select your **tracking device** to sync your activity

Teams Track Steps. Participants report steps weekly during four-week challenges. Your team's total steps will be added to the map allowing you to 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.

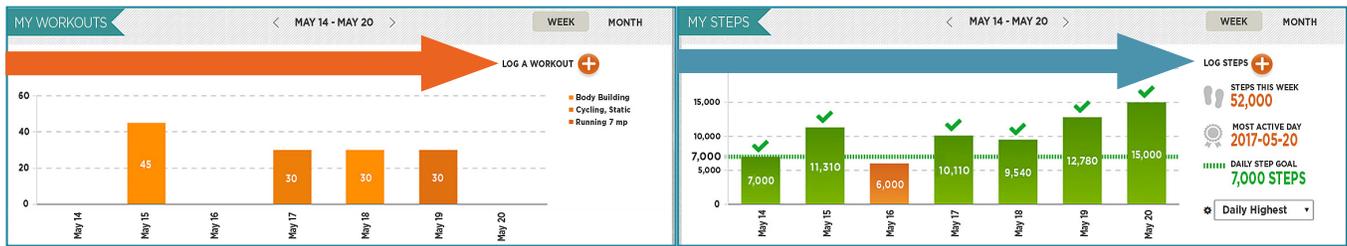
Participants receive credit for completing the challenge if they tracked their steps weekly during the four-week period—even if they didn't reach the final destination. If you'd like more competition, select rival teams and track your progress against theirs. Or just support your team and work on reaching your own personal activity goals.

Apps & 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's Health app or Samsung Health can be synced to the VP app, turning your smart phone in to 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.**

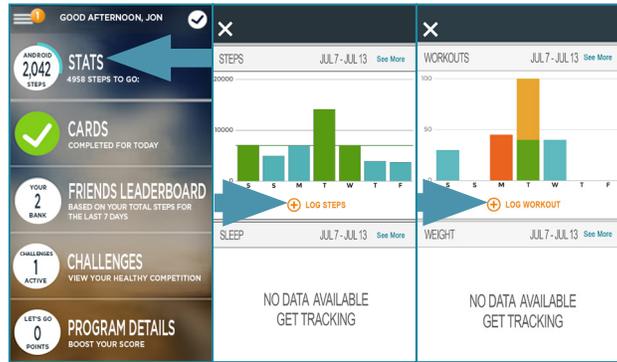
Website Tracking. Use the VP website to manually track your steps. Report daily steps or use the conversion tool to estimate how many step equivalents you've taken for other exercises, such as swimming or bicycling. To use the steps conversion tool, use the **Log a Workout** option. (See the orange arrow below.) To manually report steps, use the **Log Steps** option. (See the blue arrow below.)

Note: The **Log Steps** option is only for those who don't use a synced tracking device (e.g., Fitbit®) or app (e.g., S Health). or when you've been unable to track steps wearing your device (e.g., a dead battery).

Log steps or workouts manually using the Tracking tab



Virgin Pulse App Tracking. You can also manually report your steps or use the steps conversion tool on the VP app.



8. 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.

Access Rewards Page



9. Complete Prediabetes Education, if applicable. If your health screening/assessment indicates you are at risk for prediabetes, you will receive a letter in the mail inviting you to complete one of several options to help you reduce your diabetes risk. Once you have completed the program, we will reward you with a \$50 Healthy Rewards Visa cash card.

10. Participate in Care Management if Applicable. SelectHealth subscribers and covered spouses are eligible for financial incentives when you take steps to improve your health. This program is available to members with these ongoing health conditions: asthma, diabetes, chronic obstructive pulmonary disease (COPD), and heart failure. You can earn incentives each year from SelectHealth by participating. Watch for a letter in the mail inviting you to participate.

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



11. 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. It means taking small actions now, when you may not have an illness or symptoms. The type of preventive care and screening you should receive is based on your age, gender, life-style and risk factors.

- Women age 42-69: One mammogram every two years.
- Women age 24-64: One Pap test every three years.
- Men and women ages 51-80: One colonoscopy every ten years, or other colorectal cancer screening once every one to five years.

What If I Have a Medical Condition? Healthy Living is designed to help you live the healthiest life possible. 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.

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.

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.