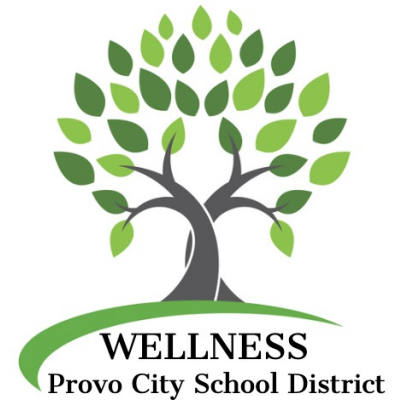


# Wellness 2022-2023 Member Guide



## Wellness 1st Half - September 1, 2022 to December 31, 2022

### Create a SelectHealth Online and Virgin Pulse Account

- Go to [selecthealth.org](https://selecthealth.org)
- Click on Member Login
- Click create account
- ID type = selecthealth subscriber number (this is your insurance number or healthy living number) *\*contact your Wellness manager or Cat Miner for assistance*
- Continue to complete new account setup

### When account is created

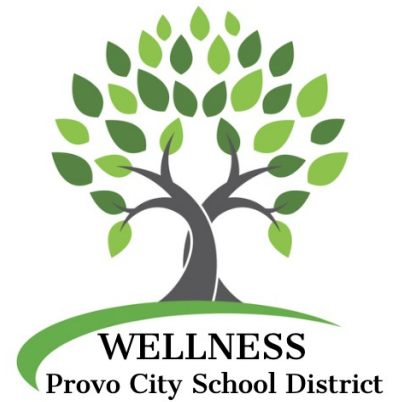
- Scroll down to the member checklist. Member checklist shows you at a glance what wellness tiles need to be completed. **A green check mark = complete.**

### Create a Virgin Pulse Account

- **(FIRST TIME)** In your SelectHealth account choose “Activity Campaigns” on the member checklist. It will take you directly to Virgin Pulse. Follow prompts to create your Virgin Pulse Account *\*hint use the same email address and password as your SelectHealth account for easier access*
- Once your Virgin Pulse account is created, you can download the Virgin Pulse app

### Complete an onsite Health screening or PCP screening visit

- Onsite health screenings available
  - September 6th - District Office (PDC)
  - September 16th - District Office (PDC)
  - September 20th - Provo High (library)
  - September 22nd - Centennial Middle (cafeteria)
  - September 28th - Provo High (library)
  - September 29th - Centennial Middle (cafeteria)
  - October 6th - District Office (PDC)
- Wellness visit with Primary Care Provider
  - Give PCP Health Screening form to complete
  - Return form to Wellness Department



## Wellness 1st Half - September 1, 2022 to December 31, 2022

### Choose a Primary Care Provider *\*insured only*

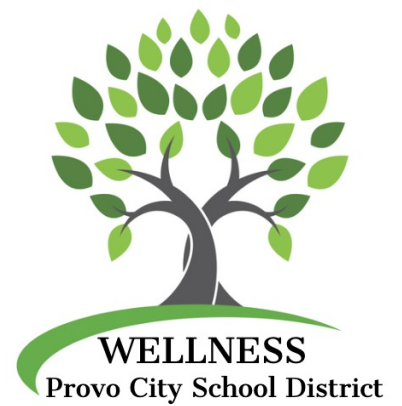
- For insured employees - choose PCP on [selecthealth.org](http://selecthealth.org) in member checklist
  - In SelectHealth account click on account
  - Under member details click on “choose a Primary Care Provider”

### Complete an online Health Check on Virgin Pulse

- Click “health assessment” in the member checklist on your SelectHealth account. You will be directed to Virgin Pulse. Hover over the health icon, then click health check.
- Virgin Pulse app, click the health icon on the bottom of the home page.

### Complete one Activity Challenge

- Track steps on Virgin Pulse through website or app
  - 7,000 steps per day for 20 days in a calendar month
  - Team challenge
    - Walk the Wonders
      - Registration begins October 17, 2022
      - Challenge starts October 31, 2022
      - Challenge ends November 27, 2022
  - Healthy Habit Challenges
    - Weekly challenges 2nd week of each month
      - Workout Time August 8-14, 2022
      - Smart Portions September 12-18, 2022
      - Relaxation Breathing October 10-16, 2022
      - Listen First November 14-20, 2022
      - Track Spending December 12-18, 2022
    - 4 challenges = 1 activity challenge



## Wellness 2nd Half - January 1, 2023 - April 30, 2023

### Complete one online Journey in Virgin Pulse

- Daily self-guided course to help you create a healthy habit.
- Virgin Pulse website, hover over the health icon, click journeys.
- Virgin Pulse app, click health icon on the bottom of the s
- Choose any of the 46 courses from the 9 topics
  - Getting Active
  - Eating Healthy
  - Sleeping Well
  - Find Emotional Balance
  - Reducing Stress
  - Managing my Finances
  - Diversity, Equity & Inclusion
  - Coronavirus (Covid-19)
  - Additional Journeys
- Courses range from 10 to 22 days to complete

### Complete one Activity Challenge

- Track steps on Virgin Pulse through website or app
  - 7,000 steps per day for 20 days in a calendar month
  - Team challenges
    - February 2023
      - Registration begins
      - Challenge begins
      - Challenge ends
  - Company challenge
    - March 2023
  - Healthy Habit Challenges
    - Weekly challenges 2nd week of each month
      - January 9-13, 2023
      - February 13-17, 2023
      - March 13-17, 2023

- April 10-14, 2023
- 4 challenges = 1 activity challenge

*\*You do not need to wait until the second half of the year to complete these steps!*



### **Additional Steps - September 1, 2022 - April 30, 2023**

*\*Insured only*

- Complete one or more recommended cancer screenings
  - Only individuals who meet the specific gender/age/risk criteria will have a tile on their member checklist in your SelectHealth account
  - Complete the recommended screening and receive points towards rewards from SelectHealth
  
- Complete Diabetes prevention or management program
  - Only individuals who meet the specific gender/age/risk criteria will have a tile on their member checklist in your SelectHealth account
  - Complete the recommended screening and receive points towards rewards from SelectHealth

If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Please contact Catherine Miner, (801)-370-4655 or [Catherinem@provo.edu](mailto:Catherinem@provo.edu) , and she will work with you to find a wellness alternative with the same reward that is right for you in light of your health status.