

Welcome to SelectHealth® Healthy Living!

TESTFIRSTNAME TESTLASTNAME
5381 S GREEN ST
APARTMENT 99
MURRAY, UT 84123

HERE IS YOUR PROGRAM ID CARD.

Get started with wellness tools that work!
Healthy Living® is designed to help you
manage your health and wellness goals.
With small daily changes, you can make
big improvements.

GETTING STARTED

Visit **selecthealth.org** and choose Member Log In.
Use the subscriber number on your ID card to
register and create a username and password.
Once signed in, you'll be able to access your
Member Checklist and Wellness Tools.

HEALTH EDUCATION & SCREENING EVENT

Attend your workplace Health Education &
Screening Event and receive personalized health
coaching and biometric screening. After attending
this event, a checkmark will appear on the Health
Screening icon in your Member Checklist.

QUESTIONS?

FOR YOUR SELECTHEALTH ACCOUNT

Call Office Services at 800-442-5502

Monday, from 7:00 a.m. to
5:00 p.m., and Saturdays, from
9:00 a.m. to 2:00 p.m.

HEALTHY LIVING

Call Member Services at 800-442-5260

weekdays, from 7:00 a.m. to
8:00 p.m., and Saturdays, from
9:00 a.m. to 2:00 p.m.



ID: 802141700

ALONDRA X MARTINEZ

SUBSCRIBER

welcome to **HEALTHY
LIVING** a product designed
to support your
wellness goals



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Make Your Wellness Tools Work for You.

COMPLETE THE HEALTH ASSESSMENT

The Health Assessment helps you discover connections between your everyday lifestyle choices and your long-term health.

Once you have attended this event, a green checkmark will appear on the Health Summary icon located in your Member Checklist.

TAKE DIGITAL COACHING

Choose from 11 scientifically proven programs that emulate live coaching sessions.

GET FIT WITH VIRGIN PULSE ACTIVITY CAMPAIGNS

You'll need to create a Virgin Pulse account the first time you access the Online Activity Campaigns. Once registered, you can participate in three types: Company Challenges, 10,000 Steps Challenges, and Health Habit Challenges.

QUESTIONS ABOUT VIRGIN PULSE?

Call Virgin Pulse at **833-235-6890** or send an email to **selecthealth.support@virginpulse.com**.

FOLLOW US

For healthy living content, fitness tips, recipes, and more, visit our blog **selecthealth.org/blog**, or follow us.



SelectHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-538-5038** (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **800-538-5038** (TTY: 711)。

▶ REGISTER

Register for an account by visiting **selecthealth.org**.

QUESTIONS?

Call Healthy Living at **800-442-5260**
Hours: Monday-Friday, 8:00 a.m. to 5:00 p.m.
E-mail: **healthyliving@selecthealth.org**

This card cannot be used for insurance coverage.

selecthealth.org

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