

# 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



ID: 802141700

**ALONDRA X MARTINEZ**

SUBSCRIBER

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

# 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](mailto:selecthealth.support@virginpulse.com)**.

## FOLLOW US

For healthy living content, fitness tips, recipes, and more, visit our blog **[selecthealth.org/blog](http://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](http://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](mailto:healthyliving@selecthealth.org)**

This card cannot be used for insurance coverage.

**[selecthealth.org](http://selecthealth.org)**

## ▶ REGISTER

Register for an account by visiting **[selecthealth.org](http://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](mailto:healthyliving@selecthealth.org)**

This card cannot be used for insurance coverage.

**[selecthealth.org](http://selecthealth.org)**