



Wellness Rewards

Utah, Idaho, and Nevada Gym Membership
and Physical Activity Rewards Program

Step into the gym—or just get steps—and earn money back from your health plan. Get rewarded for your gym membership or for participating in activities like swimming, walking, dancing, and more.

EARN UP TO \$240 PER PERSON PER YEAR*

WHO'S ELIGIBLE?

Eligible members must:

- > Be on a Small Employer (50 or fewer employees), an Association Group Plan (Utah only), or an Individual and Family Plan. This Includes Large Employer Plans in Idaho.
- > Be age 18 or older.
- > Agree to and follow the Program Terms and Conditions.

If you're on an employer plan, you may want to talk to your HR team or call Member Services to find out if you are eligible. Call us at **800-538-5038**.

HOW THE PHYSICAL ACTIVITY REWARDS OPTION WORKS

1. If you don't have an account, visit **selecthealth.org** and select REGISTER from the top of the homepage. Once you've created an account, log in. You'll land on the SelectHealth Dashboard.
2. Scroll down the Dashboard to find your Member Checklist and select Membership Rewards.
3. Select, Sign Up & Track Steps from the screen that appears to create a Virgin Pulse account. *Note:* If you just created a SelectHealth Account you may need to wait 24 hours for Virgin Pulse to receive your information.
4. Once logged in to the Virgin Pulse website, choose "7000 Steps for 20 Days in a Calendar Month." Use a smartphone or fitness tracker to enter your steps with the Virgin Pulse "Stats" tool. Or, convert your choice of exercise, like biking to steps, with the "Add a Workout" feature.
5. Each calendar month complete 20 days or more of 7,000 steps, or the equivalent in non-stepping exercise to earn reward points towards the 7K Steps for 20 Days Trophy. To make sure that your activity is credited towards your "7K Steps Reward," open the Virgin Pulse website or the app weekly.
6. To redeem your reward points, login to **selecthealth.org**. Find your Member Checklist and select "Progress Tracking & Rewards." to the Rewards Homepage where you'll select the "Redeem Rewards" badge. This badge links to the Rewards Search Catalog where you can redeem your points for rewards equal in dollar value to your points total. Choose "Select Reward" and pick your reward from the listed options.



Note: To receive your reward for a month, you must complete tracking your steps or non-stepping exercise by the end of that calendar month.



HOW THE GYM MEMBERSHIP REWARDS OPTION WORKS

1. If you don't have a SelectHealth account, visit **selecthealth.org** and select REGISTER from the top of the homepage. Once you've created an account, log in. You'll land on the SelectHealth Dashboard.
2. Scroll down the Dashboard to find your Member Checklist and select Membership Rewards.
3. Join any gym or select Gym Membership Discounts when the screen appears. This will take you to a list of Virgin Pulse Network gyms and other fitness discounts.
4. To enter your gym information for one or more months, select "Submit Gym Information & Redeem Rewards." This will take you to the Rewards homepage where you'll select the "Gym Physical Activity" badge linking to your Activity page. This is where you'll enter your gym information for each calendar month.
5. To redeem your reward points, log in to **selecthealth.org**. Find your Member Checklist and select Membership Rewards. From the screen that appears, select Submit "Gym Information & Redeem Rewards," returning to the Rewards Homepage where you'll select the "Redeem Rewards badge." This badge will link you to the Rewards Search Catalog where you can redeem your points for rewards equal in dollar value to your points total.

Note: To receive your reward points for these program options, you must complete all requirements by the December deadline set for each calendar year.

**Reward earnings of up to \$240 per person, per year effective for Idaho members 1/1/2022. Prior to 1/1/2022, Idaho members earn up to \$200 per calendar. Amounts received may be considered income and subject to tax.*

Take it a Step Further with a Virgin Pulse Online Health Check[®] Assessment

Although completing the online health assessment is optional, we strongly encourage all members participating in a fitness program to do so. Our health assessment can help you discover connections between daily lifestyle choices and your long-term health.

Other questions?

We're happy to help—for Program Terms and Conditions and more information on how the Wellness Rewards program works, visit selecthealth.org/getfit or call Member Services at **800-538-5038**.

