

# Your Healthy Year Starts Here

Share Member Guide | 2026



Select  
Health

# Get started.

We've partnered with Personify Health to provide you with digital wellness tools and resources that can help you live your healthiest life possible.

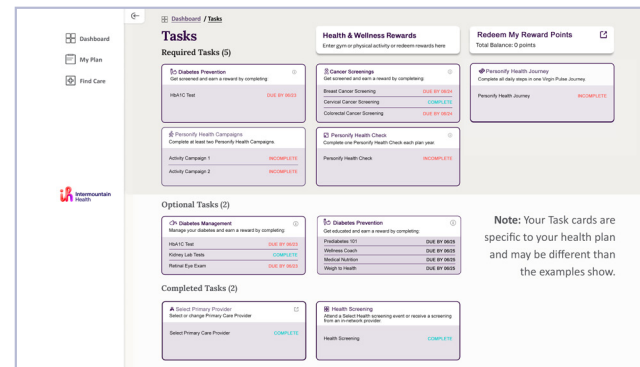
# Wellness Activities

## Here's how to get started:

### 1 Open Google Chrome and navigate to [selecthealth.org](https://selecthealth.org).

New users: Select "Member Login" followed by "create account" and use the subscriber number on your ID to create a member account.

Returning users: Log in to your member account.



### 2 Review your personalized "Tasks" dashboard.

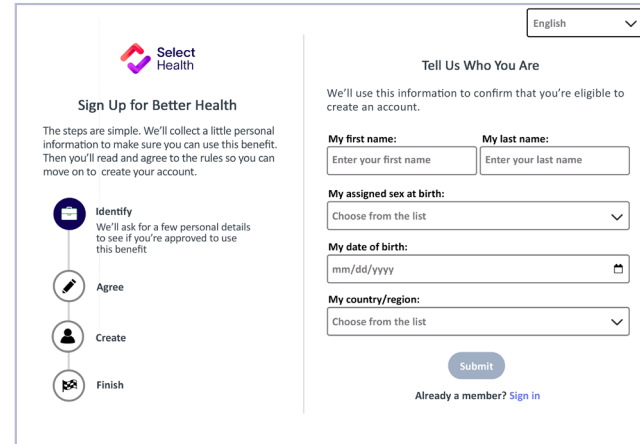
Your dashboard is a one-stop-shop for accessing Personify Health tools and tracking your activities. The badges will reflect your health plan and may look different than the images shown.

### 3 Start using Personify Health.

New users: Select the "Health Check" icon in "Tasks" to create a Personify Health account. Once you've signed up, download the Personify Health app for easier access.

Returning users: Use the mobile app or access your account from your "Tasks" dashboard.

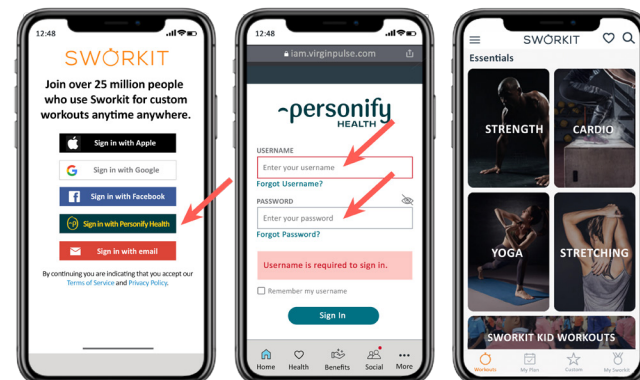
Note: You must complete Personify Health's online registration before you can begin using the mobile app.



### 4 Create a Sworkit Account.

Sworkit Health is a Personify Health benefit that provides access to fitness, meditation, nutrition, and recovery programs using a mobile phone, tablet, or computer.

To get started, download the Sworkit app from the App Store or Google Play. Select "Sign In", then "Sign up with Personify Health." You'll then be prompted to enter your Personify Health username (email) and password.

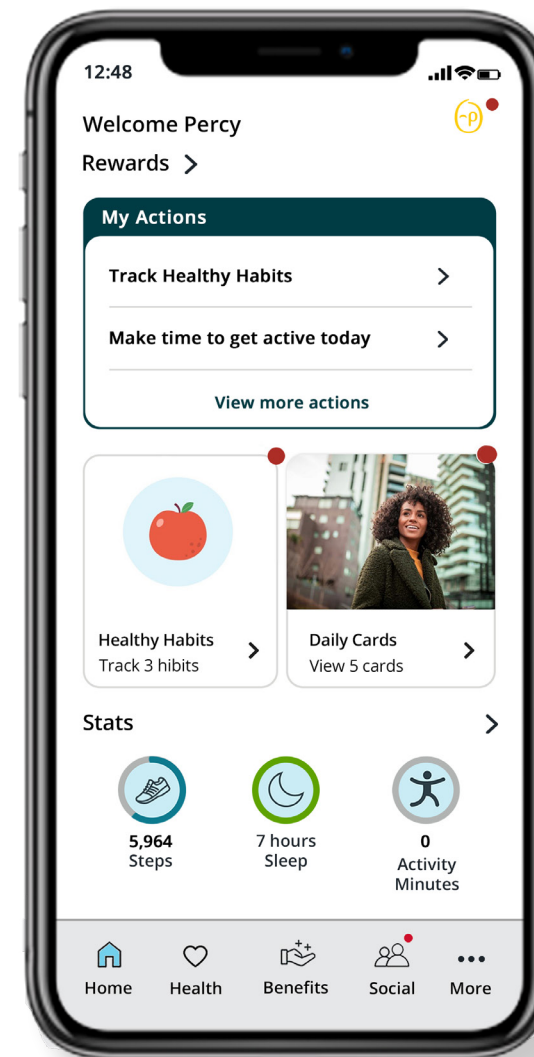
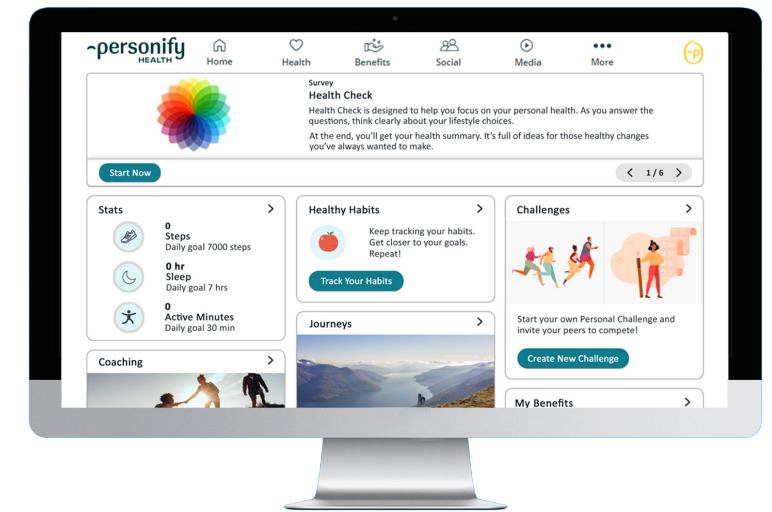


## Annual Health Screening

Get a snapshot of your current health and identify conditions that may need a follow-up. For event dates, contact your HR department. To schedule a screening appointment, contact your primary care provider.

## Health Check Health Assessment

This online assessment provides a summary of your overall health and tips for improvement. To complete your Health Check, log in to your Personify Health account and select the Health tab.



## Journeys® \*(Optional Activity)

These digital coaching programs can help you maintain healthy habits and build new ones.

Log in to your Personify Health account and select "Health" to get started.



# Activity Campaigns

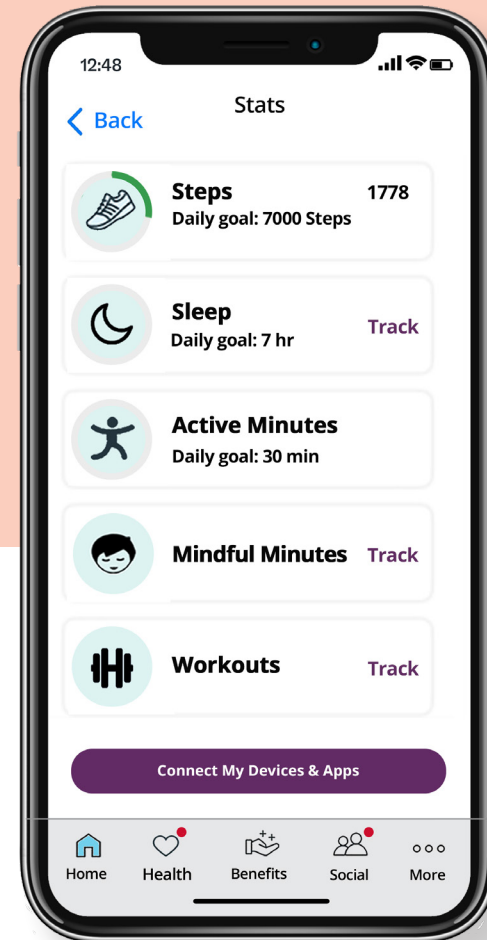
## Complete two or more of the following options:

- 7,000 Steps Campaign
- Quarterly Team Challenge
- Four of the promoted Healthy Habits Challenges

## 7,000 Steps for 20 Days Participation Rules:

Walk 7,000 steps a day for 20 days or complete the equivalent in non-stepping exercise:

- To get started, open the Personify Health app or log in to your account. Track steps using a fitness device or app, or by adding them manually using the “Workouts” feature. You can also use the “Workouts” feature to convert non-stepping activities to steps.
- To sync a device, click on "More" followed by "Devices & Apps." During challenges, be sure to sync your device weekly by opening the Personify Health app and clicking on "Stats." Steps older than 14 days are not counted.
- Note: Steps or activities completed prior to your Personify Health registration are not counted.



# 2026 Challenges

## 2026 Team Challenges

Q1	January	7,000 steps for 20 days	<b>Expedition Live to 100</b>	Register: January 19 Begins: February 2 Ends: March 1
	March	7,000 steps for 20 days		
Q2	April	7,000 steps for 20 days	<b>Play Around the World</b>	Register: March 23 Begins: April 6 Ends: May 3
	June	7,000 steps for 20 days		
Q3	July	7,000 steps for 20 days	<b>Intermountain West</b>	Register: August 24 Begins: September 7 Ends: October 4
	August	7,000 steps for 20 days		
	October	7,000 steps for 20 days	<b>Fall into Fitness</b>	Register: October 12 Begins: October 26 Ends: November 22
	December	7,000 steps for 20 days		

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## Company Team Challenges

Before you can join a four-week challenge, you'll need to form a team or register as an individual. Check the “Stats” section in your Personify Health account to ensure your fitness device is syncing properly. You can also manually add workouts each week. See Team Challenge rules for additional instructions for each challenge.

Note: You can only get credit for a Team Challenge or the 7,000 Steps for 20 Days Challenge.

## 2026 Healthy Habits

	January 12 - 18	<b>Organize Your Finances</b> Did you do one thing today to keep your finances organized?	Financial Wellbeing
Q1	February 9 - 15	<b>Keep it Routine</b> Did you make your day easier by doing one small routine?	Managing Stress
	March 9 - 15	<b>Speak Up</b> Did you advocate for yourself today?	Life and Work
	April 13 - 19	<b>Connect Through Empathy</b> Did you seek to understand someone else's perspective today?	Healthy Relationships
Q2	May 11 - 17	<b>Device-free Zone</b> Did you remove all devices from your bedroom before bed?	Mental Wellbeing
	June 8 - 14	<b>Workout Time</b> Did you schedule time for your workout today?	Physical Activity
	July 13 - 19	<b>Step Away</b> Did you choose to step away and calm your emotions, when needed?	Mental Wellbeing
Q3	August 10 - 16	<b>Fit in Strength</b> Did you do some strength exercises today?	Physical Activity
	September 14 - 20	<b>Seriously Fun</b> Did you make work fun today (sharing a laugh, celebrating a win)?	Life and Work
	October 12 - 18	<b>Time for Friends</b> Did you make time to connect with a friend today?	Healthy Relationships
Q4	November 9 - 15	<b>Take Your Time</b> Did you take time to eat and be mindful at meals today?	Nutrition
	December 14 - 20	<b>Mindful Minute</b> Did you take a minute to pause and be mindful today?	Mindfulness

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## Promoted Healthy Habit Challenges

From the calendar above complete four Promoted Healthy Habit challenges. Be sure to track "yes" five out of the seven days of each challenge.

Note: Credit is only received for completing Healthy Habits listed on the above calendar.

# Additional Engagements

As a Share Member, Select Health rewards you for completing additional health engagements. Visit [selecthealth.org/share](https://selecthealth.org/share) to learn more about how to complete activities and earn rewards.

**Refer to Tasks to see if or when you're eligible for any of the following:**

## Diabetes Prevention and Management

Preventing diabetes is key to living a healthy life. If you are at risk for developing diabetes or you have diabetes, get rewarded for completing tests and exams.

There are optional Diabetes Prevention and Management activities as well. Review Tasks and details at [selecthealth.org](https://selecthealth.org).



## Annual preventive care and screenings

Work with your doctor to determine which screenings are right for you. Share Cancer Screenings follow gender and age-based national guidelines.

<b>Women ages 21-29:</b>	One Pap test every three years.
<b>Women ages 30-65:</b>	One cervical Pap smear every 3 years or an HPV test every 5 years.
<b>Women ages 40-74:</b>	One mammogram every two years.
<b>Men and women ages 45-75:</b>	One colonoscopy every 10 years, or other colorectal cancer screening once every 1-5 years.

If you've had a screening and it's not showing as completed in Tasks, please contact Member Services at **800-538-5038**.

Note: Your doctor may recommend earlier, more frequent, or less frequent screenings based on your history and health.

## Progress Tracking and Rewards

Eligible members can earn additional rewards through their employer group and redeem them on the Select Health Rewards home page.

- From Tasks, select Health & Wellness Rewards.
- Review available and completed activities.
- View available points and choose your reward.

*\*Amounts received may be considered income and subject to tax.*

## What if I have a medical condition or injury limiting my mobility?

You can still complete Journeys and Healthy Habit Challenges by focusing on areas other than physical activity.

You may also be eligible to earn available wellness incentives another way. Contact your Human Resources department for more information.

## What if I have a medical condition?

If you have a medical condition that limits your physical ability, you may be able to earn an available wellness incentive another way. Contact your Human Resources department for information.

## Who will see my personal information?

### Select Health:

- Personal information will only be disclosed as permitted or required by law.
- Screening data will be loaded in to your secure Healthy Living user profile to provide you with personalized feedback.

### Employer:

- Your name may be shared with your employer for incentive determination purposes.



## Need help?

### Personify Health

Call **833-235-6890** or email [selecthealth.support@personifyhealth.com](mailto:selecthealth.support@personifyhealth.com)

### Select Health Member Account

Call Online Services at **800-442-5502** weekdays, from 7:00 a.m. to 8:00 p.m. and Saturdays, from 9:00 a.m. to 2:00 p.m.

### Healthy Living

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.

### Find a Provider

Call Member Advocates at **800-515-2220**.





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