Instructions to Complete a Health Check
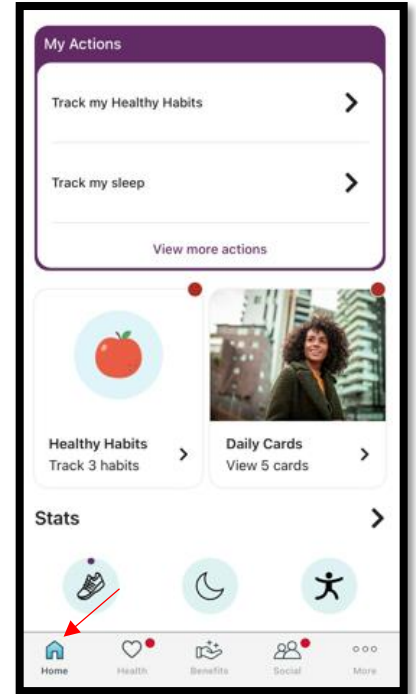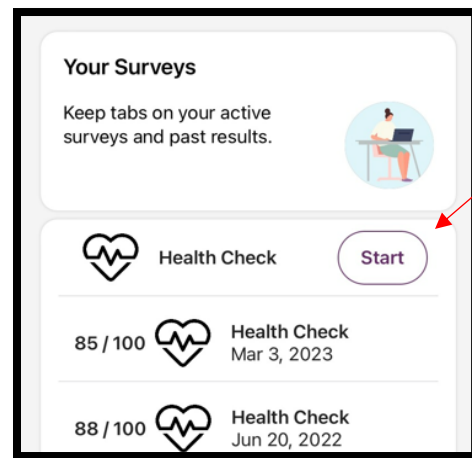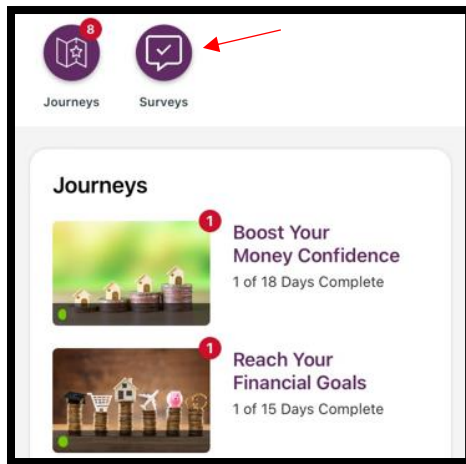
1. Access Virgin Pulse via the website or app. To access the Virgin Pulse website, sign into your Select Health account, scroll to your Task List, and click the "Virgin Pulse Health Check" box.

Virgin Pulse Health Check®
Complete one Virgin Pulse Health Check.

Virgin Pulse Health Check   Incomplete

2. From the Main Page, click the "Health" tab. Below is a screenshot from the Virgin Pulse app. On the website, the "Health" tab will be found on the top of the page.

My Actions

Track my Healthy Habits   >

Track my sleep   >

View more actions

Healthy Habits   >   Daily Cards   >
Track 3 habits   View 5 cards

Stats   >

Home   Health   Benefits   Social   More

3. Click "Survey" and then click "Start."

Journeys   Surveys

Journeys

Boost Your Money Confidence
1 of 18 Days Complete

Reach Your Financial Goals
1 of 15 Days Complete

Your Surveys

Keep tabs on your active surveys and past results.

Health Check   Start

85 / 100   Health Check
             Mar 3, 2023

88 / 100   Health Check
             Jun 20, 2022

4. Complete the Health Check. It generally takes 15-20 minutes. When completed, it will give you a wellness score.