



2024/2025 WELLNESS PLAN



CREATE A SELECT HEALTH ACCOUNT

<https://myhealthplus.intermountainhealthcare.org/register/insurance>



HEALTH SCREENING

Get a physical from your physician or attend a workplace health screening once during the plan year.



ACTIVITY CAMPAIGN

Complete 2 activity campaigns and/or team challenges during the plan year.



HEALTH ASSESSMENT

Complete an online health assessment survey in your Virgin Pulse account.



CANCER SCREENING

Stay up to date on your cancer screenings according to your age/doctor.



CREATE A VIRGIN PULSE ACCOUNT

After you create your Select Health account, you will be directed to create a Virgin Pulse account and download the app.



Contact the wellness specialist at your location with any questions.



HR PHONE#
801-354-7400



Select
Health



SCHOOL DISTRICT
WEBSITE

www.nebo.edu/employees/benefits#wellness

Wellness Metrics

- 1) Create a Select Health Account
 - 2) Create a Virgin Pulse Account
 - 3) Complete Health Assessment
 - 4) Annual Physical
 - 5) Complete 2 Activity Campaigns
- Cancer Screening /Diabetes Management

Suggested Timeline

Complete 1-3 with in first 60 days

Complete step 4 and 1 activity within first 90 days

Complete second activity by the end of January.