

Welcome to your 2024 Penn Highlands Healthcare Wellness Program!

Earn Rewards... for living healthier!

Participating is easy. Earn points by completing healthy activities, then get rewarded for achieving a healthier you.



How to Get Started

Download the **My Highmark app** by scanning the QR code above, or visit **MyHighmark.com**. To sign up, have your Highmark member ID card handy and enter your info as it appears on your card. The wellness program will no longer be on Sharecare experience.

After you create an account, you can begin your program, track your progress, and complete many of your activities right from the app or website.

Accessing Your Wellness Program

Once you are logged into My Highmark, to view your wellness program, you must first **acknowledge the annual authorization agreements**. On your home screen, scroll down until you see **Annual Authorization** and click **Review the Agreements**.

Once you acknowledge each agreement, the **2024 Penn Highlands Healthcare Wellness Program** tile will appear on your home screen.



To learn more about how to access the program in My Highmark, scan the QR code to watch a brief video.

Eligibility

Medically covered employees are eligible for this program.

Important Deadlines

The program will begin June 1, 2024.

Complete all program requirements by December 31, 2024 to earn your reward.

Completion of the health assessment on the My Highmark experience prior to June 1st will not count for program credit.

Your Reward

Members will receive \$150 for earning 750 points and \$300 for earning 1,000 points!

Questions?


Call the number on the back of your Highmark member ID card for more information.


Turn the page to learn more about the program activities.





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Program Activities:


-  **Health Assessment – 250 points**

The Health Assessment is a series of questions around health topics including medical history, daily lifestyle habits, mental well-being and more. In order to earn credit for this activity, you must answer all questions in the Health Assessment between June 1st and December 31st.
-  **Preventive Exam – 250 points**

Earn credit by completing your routine check-up with your primary care physician. Access your wellness program in My Highmark, self-certify that you completed your preventive exam and enter your exam date to earn credit.
-  **Breast Cancer, Cervical Cancer and Colorectal Cancer Screenings – Each 250 points**

Preventive care helps us to stay well or finds problems early, when they are easier to treat. Preventive screening guidelines can depend on your age, gender, health and family history. Self-certify that you completed a screening according to the preventive schedule and your doctor recommendations.
-  **Complete a Challenge – 250 points**

Solo challenges are available anytime and are a personal journey to track 10 days in the category you choose. Group challenges occur monthly, and you must enroll during the enrollment period to participate in a group challenge. Click on the **Complete a Challenge** activity in your wellness program to join a challenge.
-  **Engage in a Digital Health Program – 250 points**

Discover new ways to boost your health and well-being with programs available for you. Complete a digital health program to earn credit for this activity. Visit the Program Library on the Journey tab to join a program and make progress towards your goals.
-  **Engage with Your Care Team – 250 points**

You have the opportunity to engage with your care team to discuss your health concerns and identify areas to improve your health routine. Earn credit for this activity by engaging with your Highmark care team including a Highmark wellness coach, social worker and more during the program timeframe. To get started, please call the Member Services number on the back of your Highmark Member ID card.



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Rewards are provided by your employer and not your health plan.

Rewards are subject to income taxes, may be subject to applicable wage withholdings, and may take the form of a spending account contribution.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Health Insurance Company, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

The Claims Administrator/Insurer 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 usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。