- Wellness Program Components

- Highmark Rewards Program Site

- Dates to Remember

Wellness program kick-off

Complete Wellness Profile

Complete:
- Biometric Screening
- Health Coaching activity
- Preventive Physical Exam

$250 cash incentive payout
Wellness Program Components:

- Members are required to complete each of the following 4 steps to earn the $250 cash incentive at the end of the program which is June 30, 2016.

1) Obtain a **Preventive Physical Exam**

2) Obtain a **Biometric Screening**

3) Complete the **Wellness Profile**

4) Complete **1 Wellness Based Activity**:
   - Telephonic Coaching
   - **OR**
   - Online My Health Assistant
   – A preventive physical exam is covered at 100% by the plan annually with no cost sharing to the member.
   – Once completed the member must enter the date of their physical exam into the Highmark Rewards Program site to earn credit (www.Highmarkbcbs.com).
2. Obtain a Biometric Screening – timeframe to complete July 1, 2015 – June 30, 2016

- Biometric Screening will include:
  - Full Lipid Fingerstick (Total Cholesterol, HDL, LDL, Triglycerides, Glucose, Blood Pressure).
  - One-on-One results counseling with a lab technician.

- Methods to complete:
  - **On-Site at Allegheny College** - screening takes approximately 15 minutes to complete including instant results and personalized counseling.
    

  - **Lab Voucher** - Members can register online and download/print the lab voucher. Screenings may be completed at the nearest LabCorp location. Lab results are mailed directly to the member.

    Register here: [https://portal.ichtools.com](https://portal.ichtools.com)

  - **PDR** (Physician Derived Results) - Member may obtain a screening from their PCP by registering via the portal, downloading the printable form and taking it to their PCP. Note: members will be responsible for any potential out of pocket costs incurred.

    Register here: [https://portal.ichtools.com](https://portal.ichtools.com)
3. **Complete Wellness Profile** – timeframe to complete September 1, 2015 – November 2015
   - Members may complete the wellness profile via Highmark Rewards Program site [www.Highmarkbcbs.com](http://www.Highmarkbcbs.com). The profile takes approximately 10-15 minutes to complete.

   - Members must complete 1 of the following coaching activities:
     - **Telephonic Health Coaching** (1-888-258-3428)
       - **OR**
     - **Online My Health Assistant** (access through the Highmark Rewards site www.Highmarkbcbs.com)

   - In order to successfully complete this activity members will need to 1.) engage with a health coach (telephonically or online), 2.) set a goal and then 3.) schedule a follow up call with the health coach (rewards site will update automatically)

➢ Once you have **completed all the program** requirements members will see the following:
   - A program summary page will display a congratulations message on the members rewards portal
   - You will also receive a confirmation email
How Do I Get Started?

- Log on to www.highmarkbcbs.com
- Click “Rewards Program”
Complete Steps 1-4 before you can earn your $250 cash reward.
• **Biometric Screenings** will be held on campus in Schultz Alcove:
  - September 22\(^{nd}\) & 23\(^{rd}\) from 7:00 AM– 11:00 AM
  - September 29\(^{th}\) & 30\(^{th}\) from 7:00 AM – 11:00 AM

• **Wellness profile day** will be held on-campus September 22\(^{nd}\) from 10:00 AM – 5:00 PM
  - Highmark’s mobile unit will be on-site (walkway behind Bentley Hall) with laptops and representatives to help members complete the wellness profile and answer questions.