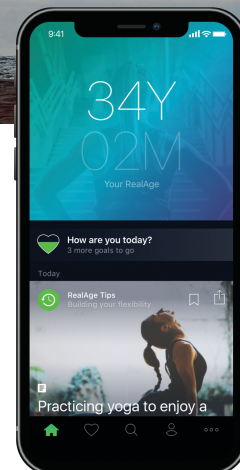




# Wellness Rewards Program



 sharecare

## Meet the healthier YOU in 2019!

### Bethany Benefits 2019 Wellness Rewards

Highmark and Bethany Benefit Service are offering you an exciting new wellness rewards program that can help you reach the finish line and “break the tape” toward a healthier YOU in 2019!

Sharecare — an innovative online health assessment and support company — will administer key parts of your program. With Sharecare, you’ll receive a wealth of personalized guidance to help you live a healthier lifestyle by eating right, exercising, getting the right amount of sleep, reducing stress, and more.

#### How do I earn my Rewards?

To complete this program, you must earn 1,000 points . You may do this by completing the following **required activities**:



#### **RealAge Test: 250 points**

Helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health.



#### **Preventive Exam:\* 250 points**

Earn credit by completing your regular preventive exam.

#### **Earn the rest of your points by completing additional preventive OR wellness activities:**

##### Preventive Activities

- Breast Cancer Screening:\* 500 points
- Cervical Cancer Screening:\* 500 points
- Colorectal Cancer Screening:\* 500 points
- Diabetic Annual Eye Exam:\* 500 points
- Diabetic HbA1c test:\* 500 points

##### Wellness Activities

- Engage in Health Coaching: 500 points
- Achieve 60 Gr een Days: 500 points



#### **Earn Rewards!**

Go to the app to learn more about the activities available exclusively for you.



#### *Program Incentive*

*\$200 for completing the program.*



#### **Get Started**

To register and get started, go to [mycare.sharecare.com](http://mycare.sharecare.com).

**Already have an existing Sharecare account?** Sign in with your existing Sharecare username and password.

**New to Sharecare?** Follow the prompts to set up a new account.

**Verify your eligibility.** Enter your information exactly as it appears on your Highmark member ID card.



#### **Who's Eligible?**

All Bethany Benefit Service members enrolled in medical benefits and covered spouses



#### **Deadlines**

Register on or after January 01, 2019 to start earning your wellness rewards through September 30, 2019!



#### **Questions?**

Bethany Benefit Service

\*Once a claim for your exam is submitted by your provider, please allow up to 4 to 6 weeks for credit to display.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Sharecare is a registered trademark of Sharecare, Inc., an independent and separate company that provides a consumer care engagement platform for Highmark members. Sharecare is solely responsible for its programs and services, which are not a substitute for professional medical advice, diagnosis or treatment. Sharecare does not endorse any specific product service or treatment. Health care plans and the benefits thereunder are subject to the terms of the applicable benefit agreement.

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）。 09/18 HC401032MCC