



COVENANT BENEFITS 2023 WELLNESS PROGRAM

Wellness is its own reward. But extra rewards are nice, too.

Welcome to your Wellness Rewards program from
The Evangelical Covenant Church and your health plan.

It gives you personalized guidance for a healthier lifestyle through nutrition, exercise, getting the right amount of sleep, reducing stress, and more.



Sign up or sign in to start earning points to receive \$250.

Getting started

If you're new to Sharecare®, you can create an account at mycare.sharecare.com. Have your Highmark member ID handy and enter your information exactly as it appears on your card.

If you already have an account, log in with your existing Sharecare username and password on the website or in the **Sharecare app**.

Who's eligible?

Primary cardholders and covered spouses

Deadlines

Don't wait. Make sure you register on or after **January 1, 2023** to start earning your wellness rewards through **September 30, 2023**.

How do I earn my rewards?

You need **1,000 points** total to complete this program. Just complete the following **required activities** — and then choose from the **additional activities** to earn the rest of your points.

Required activities

RealAge® Test — 250 points

This simple health risk assessment helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health. After you create your account or log in, click the link to take your RealAge Test. **Please note: if you previously took the RealAge Test, you must retake/update in order to earn credit for the 2023 rewards program.**

Preventive Exam — 250 points

Earn credit by completing your regular, annual preventive exam. If you have had your routine, annual exam with your primary care physician within the past 18 months, while insured by Covenant Benefits, you will not need to have another one in order to receive credit for this activity.

Once the claim is submitted by your provider, please allow up to 6 weeks for credit to display.



Complete 500 additional points

Preventive Activities (250 points each)

- Breast Cancer Screening
- Cervical Cancer Screening
- Colorectal Cancer Screening
- Diabetic Annual Eye Exam
- Diabetic HbA1c Test

Wellness Activities (250 points each)

- Engage in Health Coaching: *To speak with a coach, call the Member Service number on the back of your Member ID card.*
- Engage in a RealAge Program: *Within Sharecare, track your stress, sleep, nutrition or physical activity a minimum of 4 days per week for 3 weeks during your wellness program. Only one program counts for credit.*
- Achieve 60 Green Days Challenge: *From reaching your step count to eating better, the 60 Green Days Challenge monitors all of your health goals in one place. Within Sharecare you are automatically enrolled in the Green Days Challenge. To track green days, simply log into your Sharecare account and click on **Let's make today a Green Day**. Remember to give yourself plenty of time to earn all 60 days.*

Get Rewarded

Primary cardholders and covered spouses must earn a total of 1,000 points in order to earn \$250.

Questions?

Please contact your dedicated Advocate Team at 844.363.0067 or Covenant Benefits at 800.313.8955 or benefits@covchurch.org.

Rewards are provided by Covenant Benefits 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 Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross 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）。

