



# Earn \$250 as a reward for living healthier.

Welcome to your **Covenant Benefits 2025 Wellness Program**, brought to you by Covenant Benefits and your health plan. Participating is easy. Earn points by completing healthy activities, then get rewarded for achieving a healthier you.

## How to get started

Scan the QR code on the back of this flyer to download the **My Highmark** app from the app store on your device, or visit **MyHighmark.com**.

Log in with your current member website username and password and accept the annual authorizations. If you do not currently have an account on the member website, you'll need to create one.

After you create an account, you'll find everything you need to manage your benefits and your health. Beginning **January 1, 2025**, you can begin your program, track your progress, and complete many of your activities right from the app or website.

## Important eligibility & deadlines

The program is available to primary cardholders and covered spouses. Make sure you complete all of your program requirements between **1/1/2025 and 9/30/2025**.

## Your reward

**Primary cardholders and covered spouses must earn a total of 1,000 points in order to earn \$250.** If you have questions, please contact your dedicated Advocate Team at 844.363.0067 or Covenant Benefits at 800.313.8955 or [benefits@covchurch.org](mailto:benefits@covchurch.org).

## How the program works

You need **1,000 points** to complete the program. To earn the first **500 points**, complete the following **Required Activities**:

- ★ **Health Assessment:** Once you complete the survey, between 1/1/25 - 9/30/25, you'll get a list of programs available through your health plan that's personalized to your needs and goals.
  - ★ **Preventive Exam:** 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 12 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.
- Then choose from these **Additional Activities** to earn the rest. Before scheduling any medical screenings, speak with your health care provider to ensure it's appropriate for you. Each activity is worth **250 points**.
- ★ **Breast Cancer Screening:** Research shows that mammograms and early detection improve breast cancer survival rates. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
  - ★ **Cervical Cancer Screening:** Cervical cancer screenings help prevent many cervical cancers by finding abnormal cervical cells so they can be treated before turning into cervical cancer. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
  - ★ **Colorectal Cancer Screening:** Colorectal cancer screening tests are designed to find and remove polyps before they can become cancerous or look for early signs of cancer. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
  - ★ **HbA1C Test:** If you have diabetes, getting your HbA1c test is an important part of managing your health. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
  - ★ **Diabetic Annual Eye Exam:** If you have diabetes, having an annual retinal exam can detect diabetic retinopathy early, when successful treatment is more likely. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
  - ★ **Complete a Challenge:** Need a little motivation? Compete against others to achieve challenge goals. Challenge enrollment begins on the 1<sup>st</sup> of every month. Once enrolled, track 10 days within the challenge to earn credit for this activity.
  - ★ **Engage in a Digital Health Program:** Discover new ways to boost your health and well-being with programs available for you. Complete a program to earn credit for this activity.
  - ★ **Engage with your Care Team:** Earn credit for this activity by engaging with a health or wellness coach during your program. Call the Member Service number on the back of your Member ID card to connect with a coach today!



Download the app from your phone's app store or visit **MyHighmark.com**.



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）。

04/23 MX2336605