



Earn rewards for living healthier.

Welcome to your County of Allegheny 2024 Wellness Rewards, brought to you by Allegheny County 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

Download the **My Highmark** app from the app store on your device, or visit **MyHighmark.com**. Here you'll find everything you need to manage your benefits and your health.

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.



Because Life.™

Eligibility

Highmark covered employees

Important deadlines

Make sure you complete all of your program requirements between **02/01/2024** and **08/31/2024**.

Your reward

125\$ or an Extra Day off Work

Please Note: If you work for a department that operates 24 hours a day, seven days a week, you are eligible for \$125 only. This includes the Kane Regional Centers, Allegheny County Jail, Emergency Services 911, and Police. This also includes the Courts.

You must be a current County employee to receive your reward.

Have a question? Please reach out to member services at 1-877-258-3123.

COUNTY OF ALLEGHENY 2024 WELLNESS

How the program works

- ★ Earn **150 points** to complete the program.
Complete the following **Required Activities**:

- **Health Assessment — 25 points**
Simply complete or update your survey during the rewards program time frame to receive credit for this activity.
- **Preventive exam — 25 points**
Earn credit for completing your regular preventive exam. The directions to complete this activity are within your rewards program details.

- ★ 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 safe for you.

- ***Digital Health Program (2/1 - 4/30) - 10 points**
- ***Digital Health Program (5/1 - 8/31) - 10 points**
- ***Sugar Swap Challenge** Register 2/1 to 2/29, Complete 10 days 3/1 to 3/31 - **10 points**
- ***Move Your Body Challenge** Register 4/1 to 4/30, Complete 10 days 5/1 to 5/31 - **10 points**
- ***Clear Out Clutter Challenge** Register 6/1 to 6/30, Complete 10 days 7/1 to 7/31 - **10 points**
- ***Relax Your Way To Better Sleep Challenge** Register 8/1 to 8/15, Complete 10 days 8/16 to 8/31 - **10 points**.

Additional Activities Continued...

- **Breast cancer screening — 25 points**
- **Certify you are tobacco free/complete tobacco program — 10 points**
- **Flu Shot — 10 points**
- **Covid Vaccination — 10 points**
- **Shingles Vaccination — 10 points**
- **Dental exam — 25 points**
- **Cervical cancer screening — 25 points**
- **Vision exam — 25 points**
- **Colorectal cancer screening — 25 points**
- **HbA1c test — 25 points**
- **EAP Financial Seminar — 10 points**
- **EAP Program Participation (limit 1) — 10 points**
- **Diabetic annual eye exam — 25 points**
- ***Engage in health coaching — 25 points**
- **OB/GYN Visit — 25 points**

Activities with an (*) are activity based. all others are self-certify



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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，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）。