Highmark Wellness Rewards, Login and Website Navigation Instructions
2017 Program Requirements:

Wellness Profile – REQUIRED
Preventive Exam – REQUIRED
+ Complete 2 Health & Wellness Programs* to receive $125 OR an extra day off of work.

*Health and Wellness Program Options Include: My Health Assistant, Health/Wellness Coaching, Tobacco Cessation Programs, Flu Shots, Onsite Health Lectures, Baby Blue Prints, Lifestyle Improvement Programs, Wellness at Home, Resilience Challenge, Maintain Your Mind, Real Meals, 10,000 Step Challenge, CPR Classes, Organized Walk/Race, Weight Watchers or Regular Fitness Routine.
Logon to the Highmark Website

Go to www.highmarkbcbs.com
(If you have not accessed the website in the past, you will need to take a few moments to register on the site.)

Click on the “Register” tab at the top of the webpage.

If you are already a registered member, click “Log In”
If you are already a registered member, enter your Login ID and Password in the Login box and click “LOGIN”.

OR

If you have not yet registered, click “Register” as mentioned on the previous page.
If you have NOT registered, complete the following:

Enter Your member Information

Create a unique Login ID and Password.

Then select and answer a security question.

Click “Next” and you will be taken to the member home page.
Click on the “Rewards Program” link under “Wellness Programs”

*If you have questions or need assistance with the Wellness Profile or Wellness Rewards program, call Blues on Call at 1-888-258-3428.
Take the Wellness Profile

If this is your 1st time logging in to your rewards program you will be prompted to answer these questions.

To Accept the “No...” response click “Continue”.

Read the Wellness Center Agreement and click the box if you have read and agree with the “Terms & Conditions” and “Privacy Policy” items.

Click “Go”.
Choose any topics that are of interest to you. You will receive more information on the topics you choose.

Click “Go”.
Take the Wellness Profile

Click on “Take It Now” to directly access the Wellness Profile.

1. Complete the questionnaire.
2. Finalize.
3. Read your results.
4. Take action!
Access Rewards & Take the Wellness Profile

OR…

Click the blue “Do It” link on the Wellness Profile activity to access in Rewards.
Taking the Wellness Profile

If you have previously completed the newly updated wellness profile you will be taken to this screen.

Click on “Update Score” to continue
To retake the profile you must click on “Review Answers”.

You're almost done!

Feel free to review your responses. Once you're done with the questionnaire, go ahead and move to the next step by clicking “Finalize.”
Take the Wellness Profile

If you have never taken the Wellness Profile:

Answer the questions as best you can – the more information you provide, the more accurate your personal report will be.

You will need to answer every question in each section to move to the next page and complete the Wellness Profile.

You may save your wellness profile answers and return at another time to finish.
Update Your Contact Information

Be sure to update your contact information.

You may be eligible for one or more of our free health and wellness management programs.

This information may be used to connect you about these resources.
View Your Results

Wellness Profile Results:

• Immediate personal Health Score

• Feedback about your health habits

• Personalized recommendations, including Lifestyle Improvement Programs
Certify a Preventive Exam

Click on the Blue “Certify Here” button to redeem credit for your 2017 preventive exam.
Complete 2 Health and Wellness Programs

Health and Wellness

Complete 2 of these Health and Wellness activities to redeem this reward.

Set any goal in My Health Assistant
Do this by 9/30/2017

My Health Assistant can provide the guidance, support, and resources needed to improve your health. Utilize My Health Assistant to improve your nutrition, increase physical activity, lose weight, quit tobacco, improve your mood or reduce stress. This online tool simulates a personalized health coaching experience to keep you motivated to achieve success. To access these programs, at the top of the rewards page click on “Healthy Living”. Then click on “My Health Assistant”. Click on whatever area you want to work on, and then click on “Create Goal”. Once you set a goal credit will be issued — it’s that easy!

Set and discuss a goal with a health or wellness coach
Do this by 9/30/2017

When did you do this? MM/DD/YYYY

To gain credit for this activity, call the Blues on Call number on the back of your member ID card. You will have an opportunity to have a conversation with one of our health or wellness coaches to discuss and identify areas to improve your health routine. The objective is to set a goal to help advance your personal healthy habits, choices, and create customized solutions, just for you. This free and confidential plan may be formed over several conversations.

Complete the Wellness at Home Campaign
Do this by 9/30/2017

When did you do this? MM/DD/YYYY

Health and wellness for the entire family is the core message in this 6-week newsletter campaign. Healthy routines at home can offer protection against obesity, as well as other positive benefits for the whole family. Newsletters can be found on the County’s website under “Employee Wellness”. The system will only accept dates that have already occurred and fall between May 1, 2017 and September 30, 2017.

Participate in Weight Watchers
Do this by 9/30/2017

You may take credit for this activity if you are participating in a Weight Watchers program.

All Health and Wellness Programs will be listed here.

Complete any two (2) to earn credit towards program completion.
Navigate back to the Rewards landing page at any time by clicking on the “Rewards” link at the top of the page.

Upon completion of the program, you will see a “Hooray!” message on the Rewards Landing page along with a personal confirmation code.

A confirmation e-mail will also be sent to the email you provided during the registration process.

“Congratulations! You have completed the Allegheny County 2017 Wellness Rewards program! You are now eligible to receive $125 or an extra day off of work. We will notify your employer regarding this accomplishment. If you have a question, please contact your wellness representative. Congratulations for taking steps towards a healthy lifestyle. Thank you for your participation!

PLEASE NOTE: If you work for a department that operates 24 hours a day, 7 days a week, you are eligible for $125 only. This includes the Kane Regional Centers, Shuman Juvenile Detention Center, Allegheny County Jail, Emergency Management 911, and Police. This also includes the Courts. You must be a current employee of Allegheny County in order to receive your reward.”
Call Blues on Call for questions specific to your Rewards program at 1-888-258-3428.

For password resets or problems with the website, call Highmark’s Help Desk at 1-877-298-3918.