

## Healthy U

### **FOCUS** on.....Fitness Workouts – 25 points

#### **I work out on a regular basis, can I get credit for this in Healthy U?**

Yes, if you work out on a regular basis, you may earn **25 points** for Healthy U. In order to receive credit in this category, you must log 85 workouts over the 11 month program timeframe from July 1, 2011 through May 31, 2012.

#### **Is this also available to my covered spouse/same-sex domestic partner?**

Yes, if your covered spouse/same-sex domestic partner completes 85 workouts over the 11 month Healthy U program timeframe, they too can earn **25 points**.

#### **85 workouts seem like an awfully high number, how will I ever accumulate this many?**

Although 85 sounds like a lot, when you look at it over the 11 month wellness program period of July 1, 2011 through May 31, 2012, it only averages out to approximately two workouts per week.

#### **What type of fitness workouts qualify?**

A fitness workout must be at least 30 minutes in duration, and will include the following types of activities:

- Exercise in a fitness center or gym (including your home gym)
- Individual-based exercise sessions (e.g. walking, biking, running, swimming, etc.)
- Group-based exercise classes (e.g. aerobics, yoga, strength training, etc.)

#### **How do I keep track of my workouts?**

Stop by or call the benefits office on your campus to request a fitness workout logbook that was specially developed for this program. These logs have the 11 month program calendar printed on a durable, heavy stock designed to hold up over the Healthy U participation timeframe. In addition, an electronic version of the logbook is also available (contact your campus benefits office). Use of the logbook is not mandatory – you can track your workouts in an alternative manner if desired.

#### **I am interested in joining a fitness center, are there any discount programs available?**

As a Highmark member, there may be discounts available to you at area gyms. To learn what discounts may be available in your neighborhood, you can log on to [www.highmarkblueshield.com](http://www.highmarkblueshield.com) with your User ID and Password, select the Choose Providers tab, click on the link to Member Discounts, and then select the Healthcare Resources link.

Also, you may want to compare any area fitness centers you are considering to the costs and services available at the fitness center at your university. You may find the best deal to be right on campus!

#### **I have completed my 85 workouts, how do I get credit under Healthy U?**

After you have completed your 85<sup>th</sup> workout in the 11 month program period, here are the steps to receive your 25 points:

- Start by going to the Highmark website [www.highmarkblueshield.com](http://www.highmarkblueshield.com)
- Click the **MEMBERS** tab and log in with your **USER ID** and **PASSWORD**
- Choose the **YOUR HEALTH** tab from the Welcome page
- Click on the **LIFESTYLE RETURNS** link
- Under “**Step 3 Take Charge of Your Health**”, click **HEALTH AND WELLNESS PROGRAMS**
- Click the **SPONSORED BY EMPLOYER** button
- Under the “**Other Programs or Activities**” category, click on **FITNESS WORKOUTS – 25 points**
- Type in the date of your 85<sup>th</sup> workout and press **SUBMIT**

Please see illustrative screenshots below:

**In Your Community**

After participating in any of these activities, you will be given a completion code to enter online for activity credit. [Find locations](#) where community programs are offered.

**Weight Watchers - 25 Points**  
(Community)  
10 weeks, 10-less than 1 hour/classes  
Each week the participant has a confidential weigh-in to help them track their progress. Participants learn how to make wise choices, eat healthy, and enjoy food and exercise.

**Other Programs or Activities**

The following are additional programs/activities offered by your employer.

**Education / Self Improvement - 10 Points**  
A key element to a healthy personality is willingness to grow and learn. That's why your company is sponsoring education/self improvement programs.

**Employer Sponsored Fitness Program - 25 Points**  
See your employer for details on this program.

**Employer Sponsored Wellness Program - 25 Points**  
See your employer for details on this program.

**Fitness Workouts - 25 Points**  
See your employer for details on this program.

**Health Coaching - 25 Points**  
See your employer for details on this program.

**Other Preventive Screenings - 30 Points**  
See your employer for details on this program.

**Walking Program - 25 Points**  
See your employer for details on this program.

**Wellness Committee Participation - 25 Points**  
See your employer for details on this program.

[View All Categories](#)

Highmark Blue Shield

TEXT SIZE [A](#) [A](#) [A](#) SECURE MAIL You have 0 new messages

SEARCH SITE MAP  [Search](#) [Search Help](#)

LOGOUT

**YOUR COVERAGE** **YOUR SPENDING** **YOUR HEALTH** **CHOOSE PROVIDERS** **HEALTH TOPICS**

**Your Health**

Member Home / Your Health / Lifestyle Returns / Take Charge of Your Health / Health and Wellness Programs

**Personal Health Record**

**Lifestyle Returns**

Get Started

Assess Your Health

Take Charge of Your Health

**Health and Wellness Programs**

Health Information & Tools

Your Lifestyle Returns History

Lifestyle Returns Help

Your Prescriptions

Review My Rx Choices

Explore Treatment Options

Talk to a Health Coach

Test Your Wellness

Wellness Calculator

Improve Your Health

Learn About Preventive Care

### Fitness Workouts

In addition to your Health and Wellness Programs, your employer will give you credit for participating in the following activity(ies). Please document your participation as instructed to receive credit. Please note that while you self-report your participation, your employer may check to assure accuracy.

**Enter date of activity**

[Submit](#) [Cancel](#)

### I still have questions – who can I ask?

If you have questions about what types of activities would qualify for credit under the Fitness Workout category, need a logbook to track your workouts, or have other questions about Healthy U, contact the Benefits office at your campus.

If you have questions on using and navigating the Highmark website to complete and record Healthy U activities, please call Highmark Member Services 1-866-727-4935

For login or other technical website issues - Highmark Technical Support 1-877-298-3918