Healthy U

**FOCUS on.....Flu Shot – 20 points**

I receive an annual flu shot, can I get credit for this in Healthy U?
Yes, if you receive a flu shot during the Healthy U program period, you may earn **20 points**.

Can my covered spouse/same-sex domestic partner also receive credit for obtaining a flu shot?
Yes, if your covered spouse/same-sex domestic partner receives a flu shot during the program period, they too can earn **20 points**.

Must I receive the flu shot at work in order to earn the 20 points for Healthy U?
No, you and your covered spouse/same-sex domestic partner may record a flu shot that you receive regardless of the location at which the shot is administered – at work, at a physician’s office, at a pharmacy, or at any other location where the flu shot is being offered.

When must my flu shot occur in order to be eligible for credit under the 2017/18 Healthy U Wellness Program?
To be eligible for credit, you must receive your flu shot between the dates of 7/1/17 and 5/31/18. You must record your receipt of the flu shot in the Healthy U/Wellness Rewards section of the Highmark website prior to the program end date of 5/31/18.

I have obtained my flu shot, how do I get credit under Healthy U?
After you have obtained your flu shot, here are the steps to receive your 20 Healthy U points.

- Start by going to the Highmark website [www.highmarkblueshield.com](http://www.highmarkblueshield.com) and log in with your **USER ID** and **PASSWORD**
- Click on the **REWARDS PROGRAM** link
- Scroll down and locate the Flu Shot activity:

<table>
<thead>
<tr>
<th>Flu shot certification</th>
<th>20 points</th>
<th>Certify Here</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do this by 5/31/2018</td>
<td></td>
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- Click the blue box that says **“I DID THIS”**. You will be prompted to enter the month and year of your flu shot. After you have entered this information, click the “**SAVE**” button. Your flu shot will be recorded, and the flu shot activity will drop down to the bottom of the list, it will appear in grey with a **DONE** indicator, and you will be credited with 20 Healthy U points.

I still have questions – who can I ask?

- If you have 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 1-888-745-3212
- For login or other website technical issues contact Highmark Technical Support 1-877-298-3918