Healthy U

FOCUS on.....Preventive Exams/Preventive Screenings

Why are Preventive Exams part of Healthy U?
Preventive exams and screenings are a critical part of a personal wellness plan. Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. Managing a disease, especially early in its course, may lower its impact on your life or prevent or delay serious complications.

Will I earn Healthy U points for scheduling and recording Preventive Exams? How many Healthy U points will I earn?
You can earn Healthy U points for scheduling and recording the following exams:
- Physical Exam – 30 points
- Gynecological Exam – 20 points
- Mammogram – 20 points
- Prostate Exam – 20 points
- Dental Exam – 10 points
- Vision Exam – 10 points
- Clinical Skin Exam – 20 points
- Colorectal Exam – 20 points

Because preventive care is part of Healthy U, does this mean that all preventive services I obtain will be covered under my benefit program?
Not necessarily, some screenings recommended by your physician may not be covered under your benefit program. Before obtaining any recommended screenings, you or your physician are encouraged to contact Highmark Member Services at 1-888-745-3212 for clarification of coverage. You are responsible for payment for any services not covered under your benefits program.

Am I required to obtain preventive services as part of my Healthy U participation requirements?
No. Although preventive exams and screenings are a critical part of a personal wellness plan, you are not required to obtain these services as part of the Healthy U wellness program. Preventive exams and screenings are one option for you to choose to earn points toward the 70 point requirement for successful Healthy U participation.

How was it determined which exams would be a qualifying Preventive Exam?
The preventive exams which qualify for Healthy U points are, in part, based upon the current preventive health guidelines which are available at this link - http://www.passhe.edu/inside/hr/syshr/Medical_docs/Preventive_Schedule.pdf
Recommended exam frequency varies based upon member age, type of exam, and personal and family medical history.

What exactly do I need to do to earn points for completing Preventive Exams? If I just have the exam, will I automatically receive credit for it?
After scheduling and/or obtaining the preventive exam, you will need to complete the following steps to receive the Healthy U points. Please note that the exam points will not automatically populate as a result of having the exam.

- Start by going to the Highmark website www.highmarkblueshield.com and log in with your USER ID and PASSWORD
- Click on the REWARDS PROGRAM link
- Scroll down and locate the Preventive Exam/Screening you have scheduled and/or obtained and click the blue “I DID THIS” button.
You will be prompted to add the month and year of your preventive exam/screening. After you have entered that information, click the “SAVE” button, and your preventive exam/screening will be recorded.

The completed activity will be moved to the bottom of the list, and will appear in grey with a DONE indicator. You will be credited with the appropriate amount of Healthy U points for that preventive exam/screening.

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