Healthy U 2017/2018

Important Information for Participants
Workplace Wellness – The Impact

Why are we concerned about wellness?

- 70% of the burden of illness is from preventable diseases
- Physical inactivity doubles the risk of heart disease (sitting is the new smoking!)
- 50% of deaths are related to preventable causes (i.e. tobacco use, diet, physical inactivity)

Increasing your awareness and engagement about modifiable health risks now may result in significant improvements in your future health and well-being.
Timeline – The Healthy U 2017/2018 qualifying period begins on July 1, 2017 and ends May 31, 2018
- Participants have 11 months to complete participation requirements

Participation Reward – If both the employee and their covered spouse/domestic partner complete the requirements within the 11 month qualifying period, the employee will pay the lower, Healthy U Participant healthcare rates for the plan year 7/1/2018 – 6/30/2019

Participation Requirements – Both the employee and covered spouse/domestic partner must complete the Wellness Profile and earn 70 points each for completing health and wellness activities (as tracked in the Highmark Wellness Rewards system)
Healthy U 2017/18 – Overview

- **Participation Tracking – Points Based Program**
  - Highmark’s online system (Wellness Rewards) will track total points accumulated – participants can easily monitor their progress against the 70 point goal

- **Participant Choices**
  - Participants will have many choices of activities and programs to meet their 70 point target
  - Only one of the activities is **required** – completion of the *Wellness Profile* (worth 30 of the total 70 points)
Participant Choices

- There are many programs and activities to choose from to earn points:
  - Preventive Exams
  - On-line health coaching programs
  - Telephonic health coaching programs
  - Wellness programs at the worksite
  - Flu shots
  - And many more!
Required: Wellness Profile

- On 7/1/17, the Highmark online system (Wellness Rewards) “reset” for all members
- Both the employee and covered spouse/domestic partner (if applicable) will be required to complete a Wellness Profile (worth 30 points)
- A new Wellness Profile is required every year, even if you completed one in the previous year
- We encourage you to complete the Wellness Profile early in the program – the results will guide you to the wellness information, programs and activities that will be most beneficial to you
Information will be shared with participants in a variety of ways – emails, Healthy U website, employee meetings, etc.

Questions?
- Contact your Campus Benefits Office
- Call Highmark Member Services 1-888-745-3212
- For login, website or other technical issues: Highmark Technical Support 1-877-298-3918