How To Get Started With Healthy U

Website Registration and Wellness Profile Completion
Go To www.highmarkblueshield.com

Welcome

Health Care Reform Is Here.

Understanding health care reform can be complex. Let us help you discover what it means for your budget and your coverage.

Join Our Facebook Community

Health tips, reform updates, fun images, and more are just a “Like” away.

Try Our Care Cost Estimator Tool

Log in to compare provider costs based on your benefit plan.

Travel Medical Insurance

Travel insurance gives you peace of mind when you're away from home.
Welcome
to your new member home page
Take a look around! You’re going to see a lot of changes.
If you want, we can highlight a few things you might be looking for.
Check back often for more updates.

Member Information
- Member ID
- Group

New Claim(S) since your last claims visit
Review claims >>

Wellness Programs
- Member Discounts
- Rewards Program
- Wellness Profile
## Wellness Rewards

### 2017-2018 Healthy U

<table>
<thead>
<tr>
<th>Your points:</th>
<th>EARNED: 0/70MAX</th>
<th>USED: 0</th>
<th>BALANCE: 0</th>
</tr>
</thead>
</table>

### Complete the Wellness Profile (required) and additional activities to earn a total of 70 points

**Earn reward by 5/31/2018**

To be eligible for a reduced healthcare premium contribution in the July 1, 2018 plan year, you must first earn 30 Healthy U points by completing the Wellness Profile. Once complete, you will need to earn an additional 40 Healthy U points to complete the wellness program requirements. These additional points may be earned by completing any combination of the additional activities listed to earn points. After you have completed the Wellness Profile and earned a total of 70 Healthy U points, you will receive a confirmation email.

If you have a covered spouse or same-sex domestic partner enrolled in the State System health plan, they too MUST complete the individual Healthy U participation requirements by May 31, 2018 to achieve eligibility for the lowest healthcare premium contributions for the plan year beginning July 1, 2018.

### Finish these activities before you can redeem your reward

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete Wellness Profile</td>
<td>30</td>
</tr>
<tr>
<td>Do this by 5/31/2018</td>
<td></td>
</tr>
</tbody>
</table>

**Do It**
Taking the Wellness Profile

AUTHORIZATION

Healthy U is a voluntary wellness program offered by Pennsylvania’s State System of Higher Education.* If you choose to participate in the wellness program you will be asked to complete the Wellness Profile, a health risk assessment (HRA) that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). In certain circumstances, information provided about the manifestation of diseases or disorders could be deemed to be genetic information protected by the Genetic Information Nondiscrimination Act of 2008, 42 U.S. Code § 2000ff and 29 CFR 1635.

The information from your HRA will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as telephonic health coaching. You also are encouraged to share your results or concerns with your own doctor.

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and the Pennsylvania State System of Higher Education may use aggregate information it collects to design a program based on identified health risks in the workplace, Healthy U will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you, or as expressly permitted by law.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program and your health benefits program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. In addition, all medical information obtained through the wellness program will be maintained separate from personnel records. Information stored electronically by Healthy U will be protected and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you as soon as possible in accordance with applicable law.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

By pressing the button below, I affirm that I understand this information and voluntarily authorize Healthy U to collect and use my health information as described above.

I Agree

* Pennsylvania’s State System of Higher Education acknowledges its obligation to ensure compliance with applicable federal and state laws, regulations and guidance relating to the wellness program it offers.
Taking the Wellness Profile

WebMD Wellness Profile

About You ✅
Lifestyle ✅
Well-being ✅
Conditions ✅
Lab Tests ✅
Screenings ✅

The Basics

The Specifics

How tall are you?

5 feet
2 inches

Save & Finalize  Save & Continue
Completing the Wellness Profile

WebMD Wellness Profile

Lab Tests  History

Your health numbers provide important information about your overall health.

Do you know your blood pressure?

Systolic / Diastolic

109 / 78

How recently was your blood pressure measured?

I know the approximate date

Test date

4 / 10 / 2018

Do you know your total cholesterol?

Yes  No

Do you know your LDL (the "bad") cholesterol?

Yes  No

Do you know your HDL (the "good") cholesterol?

Yes  No

Do you know your triglyceride level?

Yes  No

Do you know your blood sugar level?

Yes  No

Do you know your hemoglobin A1c level?

Yes  No

Save & Finalize  Save & Continue
Optional Programs for Assistance

Did you know you may qualify for Personal Wellness Coaching and discounts that can help you make healthy lifestyle changes?

A Personal Wellness Coach can give you the motivation and guidance you need to get healthy. Call the number on the back of your member ID card to speak to a coach.

Blue365 offers exclusive member deals to help you meet your goals. Take advantage of fitness, nutrition, and personal care discounts by visiting Blue365.

Need additional support? Check out these WebMD tools:

- Track your weight using the Weigh Today mobile app
- Track your activity by using your Fitness Device, the Exercise Tracker, or the Daily Victory mobile app
Accessing Your Results

TestFirstName's WebMD Wellness Profile Results

Your Health Score

79
Completed 7/8/16
Retake Wellness Profile
Learn more about your score

How do you compare?

57
Is the average score for other men in their 40s

Highest Risk Areas

Areas that could use improvement

- Weight
- Nutrition
- Blood Sugar

What to do next, TestFirstName
Feeling inspired to make changes? We're here to give you personal guidance!