

# Verify Healthy U Health Assessment completion

Log in: [MyHighmark](#)

Both the enrolled employee and spouse, if enrolled, must complete Healthy U to receive the lowest healthcare premium.

Once logged into MyHighmark, click the Journey tab, click the History tab, then capture a screenshot showing your name, completion date and points earned. Save a copy, this is your confirmation of completion.

The screenshot shows the MyHighmark user interface. At the top, the navigation menu includes 'Home', 'Benefits', 'Get Care', 'Journey' (highlighted with a red box), and 'Support'. The user's name, 'YOUR NAME', is displayed in the top right corner. Below the navigation, a blue banner reads 'You've got this, YOUR NAME' and features a 'Your Health Profile' card. A red arrow labeled 'Click here first' points to the 'Journey' tab, and another red arrow labeled 'click here second' points to the 'History' tab in the sub-navigation menu. Below the tabs, the page displays 'MONTH 2026' and 'COMPLETION DATE'. A red box highlights the 'COMPLETION DATE' and '1000 / 1000 Reward Points Earned' information, with a red arrow pointing to the 'History' tab. A red box with the text 'IMPORTANT! Take and save a screenshot of this page. Capture your name, date of completion, and points earned. This is your confirmation of completion.' is overlaid on the page, with red arrows pointing to the user's name, the completion date, and the points earned.