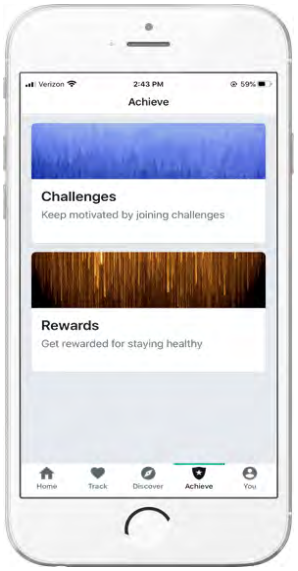
Rewards Program Overview

sharecare

Allegheny County 2020 Wellness Rewards



Beginning on February 1, 2020, Highmark and Allegheny County will continue to offer you an exciting rewards program through Sharecare. Sharecare will administer key parts of your program and provide a wealth of personalized guidance to help you live a healthier lifestyle. Program information and activity details are below.

Program Details:

- **2020 Program Dates:** 2/1/20-8/31/20
- **Who is eligible?** Highmark covered employee and spouses
- **What is the Incentive?** $125 OR an extra day off
  - PLEASE NOTE: If you work for a department that operates 24 hours a day, seven days a week, you are eligible for $125 only. This includes the Kane Regional Centers, Shuman Juvenile Detention Center, Allegheny County Jail, Emergency Services 911, and Police. This also includes the Courts. You must be a current County employee to receive your reward.

Program Requirements:

Earn a total of **300 Points** by completing your RealAge test (required), annual preventive exam (required) + additional activities for 200 points to earn the incentive.

Complete Required Activities:
- ✓ RealAge Test (50 points)
- ✓ Preventive Exam (50 points)

+

✓ Complete Activities for 200 Points

=

300 Points/ Program Completion

Required Activities:

The RealAge test and preventive exam are required to complete the program and earn the incentive.

- **The RealAge Test**: This 15 minute assessment helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health. After you create your account or log in, click the link to take your RealAge Test. *Please note: if you previously took the RealAge Test, you must retake/update in order to earn credit for the 2020 rewards program.*

- **Preventive Exam:** You must complete an annual preventive exam with your primary care physician between September 1, 2019 and August 31, 2020 Once the claim is submitted by your provider, please allow up to 6 weeks for credit to display. Note the claim must be coded as a Preventive Wellness Exam. No OBGYN, Specialist, or Diagnostic visits will be considered.

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Earn an Additional 200 Points:

Choose from the activity options below to earn additional points.

Activity Name	Point Value	Activity Description
Engage in Health Coaching	100	Earn credit for this activity by engaging with a case manager or wellness coach. To get started, please call the Member Service number on the back of your Member ID card. It is recommended that you call at least two weeks prior to the end of your program to begin your health journey.
Engage in RealAge Program (Activity, Nutrition, Sleep, Stress)	100	To earn credit for this activity, track 1 lifestyle category, a minimum of 4 days per week, for 3 weeks during your rewards program timeframe.
Complete 4 Sessions of DPP Program	100	This activity is claims-based and will be credited when you finish four sessions of the program. To determine eligibility and enroll in one of these programs, log on to your Member Website and click on Diabetes Prevention for more information.
Achieve 60 Green Days Challenge	100	Join the challenge and Achieve 60 days in the green to earn credit for this activity. Be sure to give yourself enough time to earn your green days.
Complete a Breast Cancer Screening	50	Credit can be earned by completing this activity as recommended by your physician. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
Complete a Cervical Cancer Screening	50	Credit can be earned by completing this activity as recommended by your physician. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
Complete a Colorectal Cancer Screening	50	Credit can be earned by completing this activity as recommended by your physician. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
Complete an annual OB/GYN Visit	50	OB/GYN exams completed between 9/1/2019 and 8/31/2020 will be accepted for activity credit. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display.
Complete a Diabetic HbA1c Test	50	Credit for this activity can be earned by completing your HbA1c testing as recommended by your physician. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display. You must have been diagnosed with diabetes for this test to credit.
Complete a Diabetic Annual Eye Exam	50	Credit for this activity can be earned when you complete a retinal exam as recommended by your physician. Once a claim for your exam is submitted by your provider, please allow up to 6 weeks for credit to display. You must have been diagnosed with diabetes for this test to credit.
Certify You Are Tobacco Free	25	Certify that you are tobacco free, if you are not a tobacco user.
Enroll in Tobacco Coaching	50	To gain credit for this activity, enroll in the How To Be Tobacco Free program by calling the Wellness Coaching line at 1-800-650-8442. Ensure you enroll in time by calling before 8PM EST prior to the last business day before this program ends.
Enroll in Quit Tobacco Guide	50	To earn credit for this activity, acknowledge you reviewed the guide. After acknowledging this, you will begin receiving the guide content in your timeline.
Wellness Video	50	Learn how to make the most of you benefits by watching the wellness video on your benefits portal. www.MyACBenefits.com.
Complete Annual Flu Shot	50	By completing this activity, you are certifying that you have or will get a flu shot.
Complete Annual Vision Exam	50	By completing this activity, you are certifying that you have or will have a vision exam
Complete Annual Dental Exam	50	By completing this activity, you are certifying that you have or will have a dental exam
Participate in EAP Program	50	To complete this action, simply certify that you have used the EAP services available to you.
Participate in a Lunch and Learn	25	Your employer will provide more information on this event. Credit will be applied after you attend the event. *(limit 2; max 50 points)*

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Sharecare is a registered trademark of Sharecare, Inc., an independent and separate company that provides a consumer care engagement platform for Highmark members. Sharecare is solely responsible for its programs and services, which are not a substitute for professional medical advice, diagnosis or treatment. Sharecare does not endorse any specific product service or treatment. Health care plans and the benefits thereunder are subject to the terms of the applicable benefit agreement.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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