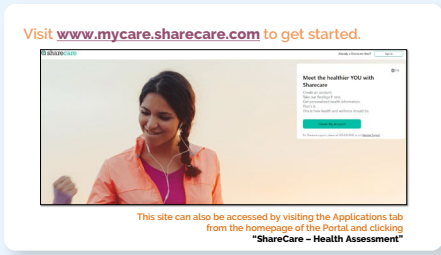


Wellness Incentive Program Completion Guide



See the information below on how to complete the required activities to receive the Wellness Incentive Program credit for medical premiums starting July 1, 2023.

ACTIVITY	HOW TO
<p>Tobacco Activities (Required) 500 points</p> <p>Complete one of the following:</p> <ul style="list-style-type: none">• Certify You Are Tobacco-Free• Enroll in Tobacco Coaching• Complete Quit Tobacco Guide	<ol style="list-style-type: none">1. Go to mycare.sharecare.com on your computer or your mobile device.2. Click on "Create My Account" and complete the required fields, including the 12-digit numeric portion from your Highmark Member ID Card.3. Once your account is created, you can download the Sharecare app.4. From the home page, click the Achieve icon.5. Click on the Rewards Tile.6. Click on the ChristianaCare Wellness Program to see required activities. <p>If you are a Tobacco User, you must enroll in Tobacco Coaching OR complete the Quit Tobacco Guide to receive the credit.</p>
<p>RealAge® Test 500 points</p> <p><i>Optional – this or the PCP visit can be completed</i></p>	<p>See instructions in the row above for how to download and access the Sharecare application.</p> <p>Next, to access the RealAge® Test, click on "Find out your RealAge" shown in green and complete the assessment (~15 minutes).</p>
<p>Primary Care Provider (PCP) 500 points</p> <p><i>Optional – this or the RealAge® Test can be completed</i></p>	<p>I already have a PCP: Schedule as you normally would and see your PCP for a visit.</p> <p>I need a PCP: Use the resources below to schedule a visit:</p> <ul style="list-style-type: none">• If you would like to see a PCP with in-person and virtual visit options, please schedule with a ChristianaCare Primary Care practice. Easy access instructions coming soon in January 2023!• If you would like to see a PCP with virtual visit options only, please access via: Virtual Primary Care. Our virtual primary care practice is a zero co-pay option for caregivers/dependents and has immediate availability! <p>Any Wellness visit from July 1, 2021 to March 31, 2023 will be applied toward the Wellness Incentive Program for medical premiums starting July 1, 2023. If you are unable to schedule a PCP visit by March 31, 2023, don't worry! The requirement is optional for the Wellness Incentive Program for medical premiums starting July 1, 2023. However, we strongly encourage you to schedule a visit later, because a PCP visit will be required for the Wellness Incentive Program for medical premiums starting July 1, 2024. PCP claim retrieval period will be July 1, 2022- March 31, 2024.</p>



For more information, please visit the [ChristianaCare Wellness Incentive Website](#). If you have any questions on completing the required activities, please call the number listed on the back of your Member ID card (844-887-8374).