


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, 2024. Activities must be completed between Jan. 11 and March 31, 2024, in order to receive credit.

ACTIVITY	HOW TO
<p>Tobacco Activities (Required) 400 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. Download the My Highmark app, go to myhighmark.com or scan the QR code below. If you have previously logged into the member app or website, use your existing username and password to sign in. To set up your account for the first time, click "Register Now" and use your member ID card.2. Click on "Review the Agreements" on your home screen. You must accept the annual authorization agreements to view and participate in the rewards program. Read and acknowledge the agreements.3. Click the "Wellness Rewards" tile to view your program and start earning activity credit. The "Overview" screen will list a summary of your unique program's 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>Primary Care Provider (PCP) 600 points</p> <p><i>If you are unable to see your PCP by March 31, 2024, Highmark's Health Risk Assessment will be accepted for the next fiscal year only (7/1/2024 – 6/30/2025).</i></p> <p><i>Next year's Wellness Incentive Program will require a PCP visit. PCP visits from 1/1/2023 – 3/31/2025 will be accepted.</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, you can schedule with a ChristianaCare Primary Care practice.• If you would like to see a PCP with virtual visit options only, you can access via Virtual Primary Care.• Don't know where to start? If you need assistance finding a PCP, Wellthy can help. Wellthy assists with finding providers, scheduling appointments, and handling the transfer of medical records Think of Wellthy as your coordinator-expert-navigator-advocate-achiever-friend. Click here to use this free service offered by ChristianaCare.

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