



# Earn rewards for living healthier.

Welcome to your ACSHIC Wellness Rewards program, brought to you by ACSHIC and your health plan.

Participating is easy. Earn points by completing healthy activities, then get rewarded for achieving a healthier you.

## Health Assessment

The **Health Assessment** is used to score a member's health and make them aware of their health behaviors based on their individual risk factors.

Some areas included are tobacco use, diet, physical activity, mental health, and social determinants of health. Based on results, members will receive personalized health program suggestions or an outreach from our care team to share resources to meet their needs.



Because Life.™

## Eligibility

Medically covered employees and spouses

## How to get started

Download the **My Highmark** app from the app store on your device, or visit **MyHighmark.com**.

Here you'll find everything you need to manage your benefits and your health.

After you create an account and complete the annual authorizations, you can begin your program, track your progress, and complete many of your activities right from the app or website.

## Your reward

Complete your Health Assessment **between 10/1/24 and 3/31/25** for a shot at winning Pirates tickets! Three members from the top three schools with the most participation will each receive two tickets.

Have questions? Contact your CONNECT team at 1-844-946-6238

ACSHIC WELLNESS REWARDS PROGRAM



## How the program works

You need **1,000 points** to complete the program.

To earn **1,000 points**, complete the following

### Required Activity:



#### Health Assessment

Simply complete or update your survey during the rewards program time frame to receive credit for this activity.

## Important deadlines

Make sure you complete the Health Assessment between **10/01/2024** and **03/31/2025**.



Because Life.™



Download the app from your phone's app store or visit [MyHighmark.com](https://www.MyHighmark.com).



Rewards are provided by your union and not your health plan.

Rewards are subject to income taxes, may be subject to applicable wage withholdings, and may take the form of a spending account contribution.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Health Insurance Company, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

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）。