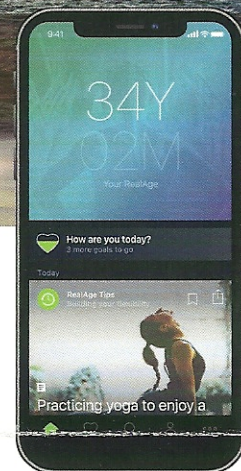




2019 Wellness Program



sharecare

Meet the healthier YOU in 2019!

Highmark and Laborers' District Council of Western PA Welfare Fund are offering you an exciting new wellness program that can help you reach the finish line and "break the tape" toward a healthier YOU in 2019!

Sharecare — an innovative online health assessment and support company — will administer key parts of your program. With Sharecare, you'll receive a wealth of personalized guidance to help you live a healthier lifestyle by eating right, exercising, getting the right amount of sleep, reducing stress, and more.

Want to get your in-network deductible waived?

You may do this by voluntarily completing the following **required activities**:



RealAge Test

Helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health.



Preventive Exam:

Earn credit by completing your regular preventive exam. The exam must include:

- Blood Pressure
- Height/Weight
- Lipid Panel or routine Cholesterol or Fasting Blood Glucose



Program Incentive

In-Network deductible will be waived!

Note: If you do not have computer access, request a paper version of the RealAge Test by calling the Highmark Dedicated Customer Service Unit. A signature is REQUIRED for processing and must be received by Sharecare prior to September 30th (not postmarked by).



Get Started

To register and get started, go to mycare.sharecare.com.
Spouses: You need to set up your own Sharecare account.

Already have an existing Sharecare account? Sign in with your existing Sharecare username and password.

New to Sharecare? Follow the prompts to set up a new account.

Enter the required information, including the numeric portion of your Highmark member ID from your Highmark insurance card.



Who's Eligible?

All members and covered spouses (if applicable).



Deadlines

You and your spouse (if applicable) must voluntarily complete the wellness requirements by September 30th for the in-network deductible to be waived.



Questions?

Contact the Highmark Dedicated Customer Service Unit at 1-866-594-1732.