

Port Authority 2021 Wellness Incentive Program

Beginning January 1, 2021, Highmark will continue to utilize Sharecare, a platform for those who elect to participate in the Port Authority 2021 Wellness Incentive Program. Enclosed is an overview of the wellness program activities that must be completed to earn your wellness credit, along with detailed instructions to assist you with Sharecare registration and account set up.


How Do I Earn My Wellness Credit?

Step 1: Log Into Your Sharecare Account

If you haven't registered for Sharecare yet, visit the website mycare.sharecare.com to set up your account (have your Highmark member ID ready).

See back for instructions.

Step 2: Click the "Achieve" Icon for your 2021 Program Details

The "Achieve" icon resembles a shield. 

Step 3: Complete Activities Between January 1, 2021 - September 30, 2021

See back for list of required activities.

Step 4: Earn the 2021 Wellness Credit

By completing all of the required activities, you will earn the wellness credit which will be paid in lump sum by February 2022.

\$200 Employee only/ \$400 Employee + 1 or Family coverage

How to create your Sharecare account if you have not already registered (have your Highmark member ID ready!):

- 1** Visit **mycare.sharecare.com** on your computer or mobile device.
- 2** Click on **Create an Account** near the bottom of the page.
- 3** Enter your information exactly as it appears on your Highmark member ID card.
- 4** Agree to the terms of use and authorization.
- 5** Click on **Create an Account**.

Important tip:

Whether using a computer or mobile device, you must visit **mycare.sharecare.com** to register for the first time. You cannot register for the first time on the Sharecare app.

How to complete the 2021 Wellness Incentive Program

Complete each of these requirements by September 30, 2021 to qualify for the 2021 wellness credit (*Please note: all wellness activities must be completed once per year between January and September, including the RealAge Test*)

- 1 Complete the Sharecare 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 you have logged in, click the link to Take your RealAge Test.
- 2 Complete a Biometric Screening**
This screening checks blood pressure, cholesterol, glucose (blood sugar) and body mass index (BMI). There are 2 ways you can complete your screening for credit:
 - 1. Schedule an appointment at a LabCorp patient center by calling IH21 at 1-800-451-6889 OR**
 - 2. Request a Physician Derived Results (PDR) form to take to your physician to complete and submit for credit. Call IH21 at 1-800-451-6889 to request this form be mailed to you.**

You may also visit <https://portal.ichtools.com> to register and download the appropriate forms directly.
- 3 Complete a Preventive Exam***
You must complete an annual preventive/physical exam with your primary care physician between 10/1/20-9/30/21. Please remember to inform your provider that you are scheduling an annual preventive exam; there is no copayment for this exam.
- 4 Complete Tobacco Attestation and/or Tobacco Program**

You must click on the activity and attest that you are Tobacco Free **OR**

If You Are a Tobacco User:

Enroll in a tobacco cessation program (see Sharecare for more details about each activity):

- Enroll in the How to be Tobacco Free Health Coaching Program (Please allow 6-8 weeks for program completion).
- Complete the Sharecare Quit Tobacco Guide. To earn credit for this activity, complete all three modules and answer all questions. Upon completion, you can review the material at any point while your rewards program is available to you.

* Preventive exams are claim-based. Once your provider submits your claim, please allow 4-6 weeks for your credit to display

Questions? Contact Highmark Member Services at **1-800-241-5704** Monday-Friday from 9 a.m.- 5 p.m. for help finding providers, questions about your wellness program requirements or other benefit-related questions.

For Sharecare technical assistance such as login/password issues, please call Sharecare at **1-800-858-9063** Monday-Friday from 8 a.m.-11:59 p.m. and Saturday from 8 a.m.-9 p.m.

***Any information provided in your Sharecare account is confidential and will NOT be shared with your employer.**

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Sharecare is a registered trademark of Sharecare, LLC, an independent 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.

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）。