

UCC HEALTHY STEWARDS

WELLNESS PROGRAM

ABOUT THE PROGRAM

Take advantage of the Healthy Stewards Wellness Rewards program offered by your UCC Non-Medicare Health Plan. As you complete these requirements, you'll make strides toward a healthier you:

Earn cash for completing each part of the wellness program —
up to \$300 total!

Wellness Profile	The first step is completing the Wellness Profile, a survey that helps you understand where you stand with your health. This is a required step for completion of the Healthy Stewards Program.	\$100
Health Screening	A Health Screening includes a simple blood test — blood glucose (sugar level) and cholesterol levels — as well as key measures for body mass index (BMI) and blood pressure. (You have until August 15, 2018 , to order a screening option. Go to https://portal.ichtools.com to order your Physician Derived Results form, lab voucher or home test kit.)	\$100
Coaching	Set health goals by phone with a Blues On Call SM Health and Wellness Coach or online with a WebMD [®] My Health Assistant.	\$100
Complete All:		\$300

You have until **September 30, 2018**, to earn your reward.

Please note: **Completing the Wellness Profile is a requirement of the 2018 program.** To receive your financial incentive for completing a health screening or engaging in a health coaching program, you must also complete the Wellness Profile.

You and your spouse/partner can earn \$300 each by completing Wellness Rewards activities.

ELIGIBILITY

All UCC Non-Medicare Health Plan participants and their covered spouses/partners.

LOG IN AND GET STARTED

Go to highmarkbcbs.com.

Click on **Rewards Program** under **Wellness Programs**.

QUESTIONS?

Contact Highmark Member Service at **1-866-763-9471**.



Visit your member website for details.

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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）。

