



2023 GOOD FOR YOU DIOCESE OF ERIE WELLNESS PROGRAM

Wellness is its own reward. But extra rewards are nice, too.

Welcome to your Wellness Rewards program from
Roman Catholic Diocese of Erie and your health plan.

It gives you personalized guidance for a healthier lifestyle through nutrition, exercise, getting the right amount of sleep, reducing stress, and more.



Sign up or sign in to start earning points.

Getting started

If you're new to Sharecare®, you can create an account at mycare.sharecare.com. Have your Highmark member ID handy and enter your information exactly as it appears on your card.

If you already have an account, log in with your existing Sharecare username and password on the website or in the **Sharecare app**.

Who's eligible?

Current employees and medically covered spouses.

Deadlines

Don't wait. Make sure you register on or after **January 1, 2023** to start earning your wellness rewards through **June 30, 2023**.

How do I earn my rewards?

You need **1,000 points** total to complete this program. Just complete the following **required activities** — and then choose from the **additional activities** to earn the rest of your points.

Required activities

RealAge® Test — 250 points

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

Preventive Exam — 250 points

Earn credit by completing your regular preventive exam. Simply certify that you completed this activity in accordance with the preventive schedule.

Complete 500 additional points

Earn the rest of your points by completing additional preventive OR wellness activities.

Preventive Activities (250 points each)

- Breast Cancer Screening
- Cervical Cancer Screening
- Colorectal Cancer Screening

Wellness Activities (250 points each)

- Engage in Health Coaching
- Engage in RealAge Program
- Achieve 60 Green Days Challenge

Get rewarded

Eligible participants will receive a \$150 incentive about 45 days after completing the Rewards program.

Questions?

Contact Jim Tometsko at 814.824.1189 or jtometsko@eriercd.org.

Rewards are provided by your employer 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 Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

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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）。