



Earn rewards for living healthier.

Welcome to your **2024 Good for You Wellness Program**, brought to you by Roman Catholic Diocese of Erie and your health plan.

How to get started

Scan the QR code on the back of this flyer to download the **My Highmark** app from the app store on your device, or visit **MyHighmark.com**.

Log in with your current member website username and password and accept the annual authorizations. If you do not currently have an account on the member website, you'll need to create one.

After you create an account, you'll find everything you need to manage your benefits and your health. Beginning January 1, 2024, you can begin your program, track your progress, and complete many of your activities right from the app or website.

Important deadlines

Make sure you complete all of your program requirements between 1/1/2024 and 6/30/2024.

Eligibility

Current employees and medically covered spouses.

Your Reward

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 with questions.



Because Life.™

2024 GOOD FOR YOU WELLNESS

How the program works

You need **1,000 points** to complete the program. To earn the first **500 points**, complete the following **Required Activities**:

★ **Health Assessment**

Simply complete the Health Assessment between 1/1/24 and 6/30/24 to receive credit for this activity.



Preventive exam

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

Then choose from these **Additional Activities** to earn the rest. Each activity is worth **250 points**. Before scheduling any medical screenings, speak with your health care provider to ensure it's appropriate for you.

★ **Breast cancer screening**

★ **Cervical cancer screening**

★ **Colorectal cancer screening**

★ **Complete a challenge**

★ **Engage in a digital health program**

★ **Engage with your care team**



Because Life.™

Download the app from your phone's app store or visit **MyHighmark.com**.



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 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）。