**HEALTHY U – SPRING INTO ACTION!**

Springtime is the perfect time to complete your participation requirements for PASSHE’s wellness program, Healthy U.

You and your covered spouse/same-sex domestic partner (if applicable) each need to complete the **Wellness Profile** and earn **70 Healthy U points** to successfully complete your participation and qualify for the lowest healthcare contribution rates. The Wellness Profile, an online health risk assessment, is an annual requirement of participation, and is worth 30 Healthy U points.

There are a wide variety of other wellness programs and activities to complete to earn the remaining points. One of the most popular activities is obtaining and recording **preventive exams** and **screenings** (ranging from **10 – 30 Healthy U points**). The importance of establishing a regular schedule of age and gender appropriate preventive care cannot be stressed enough. Since the inception of Healthy U, the percentage of PASSHE members who are compliant with guidelines on preventive services has far exceeded the norm among other employer groups, providing an opportunity for health conditions to be detected and treated earlier, when treatment is more cost-effective and health outcomes are better.

Another wellness program available to you is telephonic **Health Coaching**, provided by the Highmark Blues on Call Health Coaching team. Enrolling in a health coaching program is **worth 20 Healthy U points**. The specially-trained coach will work one-on-one with you to create a plan that meets your needs. There are five wellness coaching programs available in the following areas: Nutrition, Weight Management, Physical Activity, Stress Management and Tobacco Cessation. The coach will assist you in setting goals, reviewing progress and overcoming barriers to success, and will provide ongoing support and motivation anytime of the day or night. To enroll, call the Health Coaching team at 1-888-BLUE-428.

**To access Healthy U** - Go to the Highmark member website at [www.highmarkblueshield.com](http://www.highmarkblueshield.com) and sign in using your Login ID and Password. **If you have forgotten your login information, you can call Highmark Technical Support at 1-877-298-3918.**

**Healthy U participation completed** - After you have completed the online Wellness Profile and recorded other wellness activities to earn a total of 70 Healthy U points, you will receive a confirmation email advising of your completion of the Healthy U wellness program requirements. Additionally, your online Healthy U webpage will indicate that your points have been redeemed for your award – see below example:



**For more information** - See the Healthy U materials on the PASSHE website ([www.passhe.edu](http://www.passhe.edu), search keyword **Healthy U** for the “Getting Started” page), contact your campus Human Resources office, or call Highmark Member Services at 1-866-727-4935.

**The deadline for Healthy U participation is May 31, 2014**