

## Healthy U – Phase 3

### **FOCUS** on.....Fitness Workouts – 25 points

#### **I work out on a regular basis, can I get credit for this in Phase 3 of Healthy U?**

Yes, if you work out on a regular basis, you may earn **25 points** for Phase 3 of Healthy U. In order to receive credit in this category, you must log 85 workouts over the 11 month Phase 3 program timeframe from July 1, 2009 through May 31, 2010.

#### **Is this also available to my covered spouse/same-sex domestic partner?**

Yes, if your covered spouse/same-sex domestic partner completes 85 workouts over the 11 month Phase program timeframe, they too can earn **25 points**.

#### **85 workouts seem like an awfully high number, how will I ever accumulate this many?**

Although 85 sounds like a lot, when you look at it over the 11 month program period of July 1, 2009 through May 31, 2010, it only averages out to approximately two workouts per week.

#### **What type of fitness workouts qualify?**

A fitness workout must be at least 30 minutes in duration, and will include the following types of activities:

- Exercise in a fitness center or gym (including your home gym)
- Individual-based exercise sessions (e.g. walking, biking, running, swimming, etc.)
- Group-based exercise classes (e.g. aerobics, yoga, strength training, etc.)

#### **How do I keep track of my workouts?**

Stop by or call the benefits office on your campus to request a fitness workout logbook that was specially developed for this program. These logs have the 11 month program calendar printed on a durable, heavy stock designed to hold up over the Phase 3 participation timeframe. Use of the logbook is not mandatory – you can track your workouts in an alternative manner if desired.

#### **I am interested in joining a fitness center, are there any discount programs available?**

As a Highmark member, there may be discounts available to you at area gyms. To learn what discounts may be available in your neighborhood, you can call 1-877-243-3013 (Mon-Fri, 8:00 am – 5:00 pm), or log on to [www.highmarkblueshield.com](http://www.highmarkblueshield.com) with your User ID and Password, select the Choose Providers tab, click on the link to Member Discounts, and then select the Wellness Discount Program.

Also, you may want to compare any area fitness centers you are considering to the costs and services available at the fitness center at your university. You may find the best deal to be right on campus!

#### **I have completed my 85 workouts, how do I get credit under Phase 3?**

After you have completed your 85<sup>th</sup> workout in the 11 month program period, here are the steps to receive your 25 points:

- Start by going to the Highmark website [www.highmarkblueshield.com](http://www.highmarkblueshield.com)
- Click the **MEMBERS** tab and log in with your **USER ID** and **PASSWORD**
- Choose the **YOUR HEALTH** tab from the Welcome page
- Click on the **LIFESTYLE RETURNS** link
- Under “Take Charge of Your Health”, click **HEALTH AND WELLNESS PROGRAMS**
- In the dropdown “Filter Type of Program” select “Employer Sponsored” and click the **GO** button
- Find the Program titled “Fitness Workouts – 25 points” and click on **Enter Activity Now!**
- Type in the date of your 85<sup>th</sup> workout and press **SUBMIT**

Please see illustrative screenshots below:

Mark Blue Shield

Member Home / Your Health / Lifestyle Returns / Take Charge of Your Health / Health and Wellness Programs

### Health and Wellness Programs

You have a wide selection of Lifestyle Improvement and Condition Management programs to choose from, so you can address your specific health and wellness needs. Please note that this is a comprehensive program list. Program availability varies.

Sort results by

Filter Type of Program

Type of Program:	Program:	How to Participate:
Employer Sponsored	<b>Fitness Workouts - 25 Points</b> See your employer for details on this program.	Enter Activity Now!

Personal Health Record

Lifestyle Returns

Get Started

Assess Your Health

Take Charge of Your Health

Health and Wellness Programs

Health Information & Tools

Your Lifestyle Returns History

Lifestyle Returns Help

Your Prescriptions

Review My Rx Choices

Explore Treatment Options

Talk to a Health Coach

Wellness Calculator

Improve Your Health

Highmark Blue Shield

TEXT SIZE    SECURE MAIL  You have 0 new messages

SEARCH SITE MAP   Search Help

LOGOUT

### Fitness Workouts

In addition to your Health and Wellness Programs, your employer will give you credit for participating in the following activity(ies). Please document your participation as instructed to receive credit. Please note that while you self-report your participation, your employer may check to assure accuracy.

Enter date of activity

YOUR COVERAGE

YOUR SPENDING

YOUR HEALTH

CHOOSE PROVIDERS

HEALTH TOPICS

Personal Health Record

Lifestyle Returns

Get Started

Assess Your Health

Take Charge of Your Health

Health and Wellness Programs

Health Information & Tools

Your Lifestyle Returns History

Lifestyle Returns Help

Your Prescriptions

Review My Rx Choices

Explore Treatment Options

Talk to a Health Coach

Test Your Wellness

Wellness Calculator

Improve Your Health

Learn About Preventive Care

### I still have questions – who can I ask?

If you have questions about what types of activities would qualify for credit under the Fitness Workout category, need a logbook to track your workouts, or have other questions about Phase 3 of Healthy U, contact the Benefits office at your campus.

If you have questions on using and navigating the Highmark website to complete and record Healthy U activities, please call Highmark Technical Support 1-877-298-3918