

Healthy U – Phase 3

FOCUS on....The Pledge

What is the Pledge?

Your participation in Healthy U begins with taking the Pledge in Highmark's Lifestyle Returns program. You are asked to accept a Pledge to make an effort to lead a healthy lifestyle, partner with your physician and become an educated health care consumer. You Pledge to take the online Wellness Profile and take advantage of health education programs, tools and materials made available to you.

Can I accept the Pledge at any time during the Phase 3 qualifying period?

You should accept the Pledge early, since no other activities can be completed until after you accept the Pledge.

I took the Pledge in Phase 1, do I have to take it again?

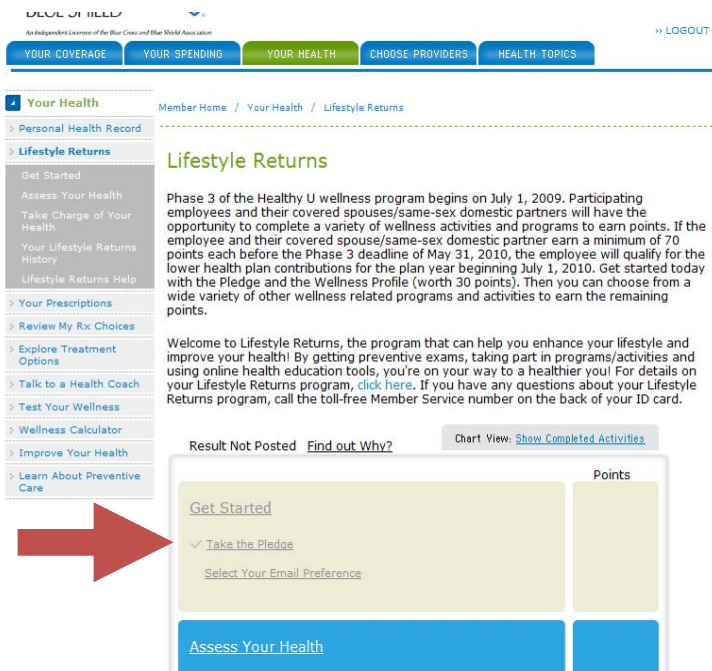
Yes, the wellness plan year for Phase 3 begins July 1, 2009, and the Pledge must be completed again, even if you previously took it in an earlier Phase of Healthy U.

Does my spouse or same-sex domestic partner have to take the Pledge?

Yes, your spouse or same-sex domestic partner also needs to take the pledge, as their first step in completing the Phase 3 participation requirements. This is a change from the previous Phase 1 program.

How do I take the Pledge?

- Start by going to the Highmark website 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 Get Started, click **TAKE THE PLEDGE**



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YOUR COVERAGE YOUR SPENDING YOUR HEALTH CHOOSE PROVIDERS HEALTH TOPICS

LOGOUT

Your Health Member Home / Your Health / Lifestyle Returns

Personal Health Record
Lifestyle Returns
Get Started
Assess Your Health
Take Charge of Your Health
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

Lifestyle Returns

Phase 3 of the Healthy U wellness program begins on July 1, 2009. Participating employees and their covered spouses/same-sex domestic partners will have the opportunity to complete a variety of wellness activities and programs to earn points. If the employee and their covered spouse/same-sex domestic partner earn a minimum of 70 points each before the Phase 3 deadline of May 31, 2010, the employee will qualify for the lower health plan contributions for the plan year beginning July 1, 2010. Get started today with the Pledge and the Wellness Profile (worth 30 points). Then you can choose from a wide variety of other wellness related programs and activities to earn the remaining points.

Welcome to Lifestyle Returns, the program that can help you enhance your lifestyle and improve your health! By getting preventive exams, taking part in programs/activities and using online health education tools, you're on your way to a healthier you! For details on your Lifestyle Returns program, [click here](#). If you have any questions about your Lifestyle Returns program, call the toll-free Member Service number on the back of your ID card.

Result Not Posted [Find out Why?](#) Chart View: [Show Completed Activities](#)

Get Started	Points
<input checked="" type="checkbox"/> Take the Pledge Select Your Email Preference	
Assess Your Health	

I still have questions, who can assist me?

- For general questions about Phase 3 of Healthy U, contact your campus Benefits office
- For login, website or other technical issues – Highmark Technical Support 1-877-298-3918