

Healthy U – Phase 3

FOCUS on.....Preventive Exams/Preventive Screenings – 30 points

Preventive Exams

Why are Preventive Exams part of Healthy U?

Preventive exams and screenings are a critical part of a personal wellness plan. Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. Managing a disease, especially early in its course, may lower its impact on your life or prevent or delay serious complications.

Will I earn points in Phase 3 for scheduling and recording Preventive Exams?

Yes, you can earn **30 points each** in Phase 3 for scheduling and recording the following exams:

- Physical Exam
- Gynecological Exam
- Mammogram (women age 40 and over)

Because preventive care is part of Healthy U, does this mean that all preventive services I obtain will be covered under my benefit program?

Not necessarily, some screenings recommended by your physician may not be covered under your benefit program. Before obtaining any recommended screenings, you or your physician are encouraged to contact Highmark Member Services at 1-866-727-4935 for clarification of coverage. You are responsible for payment for any services not covered under your benefits program.

Am I required to obtain preventive services as part of my participation requirements in Phase 3?

No. Although preventive exams and screenings are a critical part of a personal wellness plan, you are not required to obtain these services as part of the Phase 3 requirements. Preventive exams and screenings are one option for you to choose to earn points toward the 70 point requirement for successful Phase 3 participation.

What is a qualifying Preventive Exam?

The preventive exams which qualify for points in Phase 3 are based upon the preventive health guidelines. Recommended exam frequency varies based upon member age and type of exam. Please see the chart below that lists the acceptable range of dates in which an exam can occur to qualify for points in Phase 3.

Men:	Age 19-39	Age 40-49	Age 50+
Preventive Physical Exam	7/1/08 – 6/30/10	7/1/08 – 6/30/10	7/1/09 – 6/30/10
Women:	Age 19-39	Age 40-49	Age 50+
Preventive Physical Exam	7/1/08 – 6/30/10	7/1/08 – 6/30/10	7/1/09 – 6/30/10
Gynecological Exam	7/1/09 – 6/30/10	7/1/09 – 6/30/10	7/1/09 – 6/30/10
Mammogram	N/A	7/1/08 – 6/30/10	7/1/08 – 6/30/10

After I completed the Pledge and the Wellness Profile, the preventive exam date that I entered in Phase 2 appeared in the Lifestyle Returns section of the website and I was credited with 30 points, is this accurate?

Yes, based upon the type of exam, the date of the exam, and your age, you may be receiving credit for a preventive exam that you entered in Phase 2 of Healthy U. If the exam date you entered falls within the acceptable date range provided in the chart above, this is also a qualifying exam for Phase 3 and you will be credited with 30 points.

I entered a preventive exam date in Phase 2, but after completing my Pledge and Wellness Profile, the Preventive Exam fields are blank, is this accurate?

If your Preventive Exam date fields are blank, the dates of the exams that were used to meet the Phase 2 requirements are no longer current. To receive credit for Phase 3, you will need to schedule and record an exam date that falls within the acceptable date range outlined in the chart above.

I am a woman over the age of 40, how many points can I earn for scheduling and recording my Preventive Exams?

A female member age 40 or over could earn a maximum of 90 points for scheduling and recording a physical exam, annual gynecological exam and a mammogram.

What exactly do I need to do to earn points for completing Preventive Exams? If I just have the exam, will I automatically receive credit for it?

After scheduling the preventive exam, you will need to complete the following steps to receive the 30 points. Please note that the exam date will **not** automatically populate as a result of having the exam, you need to enter the exam date within the Lifestyle Returns section of the Highmark website.

- 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 Access Your Health, click **PREVENTIVE EXAMS**

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](#)

	Points
Get Started ✓ Take the Pledge Select Your Email Preference	
Assess Your Health ✓ Wellness Profile Preventive Exams	30 30
Take Charge of Your Health	

- Enter the appropriate exam date

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Preventive Exams

The merits of preventive exams are clear. It's estimated that 70 percent of today's illnesses are related to lifestyle and, therefore, preventable. To help you schedule the exams applicable to your age and gender, we have included a calendar next to each exam. By scrolling through the calendar, you will see the complete date range available to you for meeting the preventive exam requirement. To receive credit, just select and enter the date in the space provided, and submit it before your program's end date.

Exams	Date	Points Earned	Points Possible
Physical Exam	<input type="text" value="01/13/2009"/>	30	30
Gynecological Exam	<input type="text"/>	0	30
Mammogram	<input type="text"/>	0	30

Other Preventive Screenings

Can I earn points in Phase 3 for obtaining Other Preventive Screenings?

Yes, if you schedule and record one of the following screenings, you can receive an additional 30 points. Please note you can only receive credit for one screening in this category (maximum of 30 points):

- Colonoscopy
- PSA (Prostate) Test
- Clinical Skin Exam
- Dental, Vision or Hearing Exam
- Male Mammogram
- Mammogram (women under age 40)

How do I record one of these Other Preventive Screenings and earn the 30 points?

After scheduling the preventive screening, you will need to complete the following steps to receive the 30 points. Please note that the date will **not** automatically populate as a result of having the screening, you need to enter the exam date within the Lifestyle Returns section of the Highmark website.

- 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 "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 "Other Preventive Screenings – 30 points" and click on **Enter Activity Now!**

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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 Type of Program

Filter Type of Program Employer Sponsored **GO**

Type of Program:	Program:	How to Participate:
Employer Sponsored	Other Preventive Screenings - 30 Points See your employer for details on this program.	Enter Activity Now!

- Type in the date of your screening and press **SUBMIT**

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Other Preventive Screenings

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

Submit **Cancel**