



Welcome to Phase 3 of Healthy U!

As we begin a new benefits year, you will have a fresh start in your wellness program!

Why is PASSHE doing Healthy U?

Healthy U was designed to provide you with the tools, support, resources and programs to help you improve and maintain your health and well-being, thereby improving your quality of life. And, with the eyes of Congress and the entire country focused on the challenges within our national healthcare system, we truly believe that an emphasis on workplace wellness is one way we can effectively impact our health care costs.

How does Phase 3 work?

Phase 3 of PASSHE's Health Care Management Program, Healthy U, begins on July 1, 2009. With this new phase of the program, many resources and options are being made available to help you successfully complete the requirements and qualify for the lowest health plan contributions for the next plan year.

Because we recognize that individuals may have very different needs and interests with regard to wellness and personal health topics, the Phase 3 version of Healthy U has been designed to allow you a significant amount of flexibility and choice. You will also have more time to complete the steps of this phase, since it runs from July 1, 2009 thru May 31, 2010.

Phase 3 participation is based on a point schedule. During the 11 month time frame noted above (July 1, 2009 through May 31, 2010), you and your covered spouse/same-sex domestic partner need to accumulate a minimum of **70 points each** to qualify.

In Phase 3, there are only two required activities - participants can choose from a wide variety of other activities and programs with which to earn their other remaining points. The following two activities are those that are required of all participants, and they are completed within the Lifestyle Returns section of the Highmark Blue Shield website www.highmarkblueshield.com:

1) **Take the Pledge.** Go to www.highmarkblueshield.com, log in with your user ID and password, select the "Your Health" tab, click on "Lifestyle Returns" and accept the Pledge. Both the employee and the covered spouse/same-sex domestic partner must take the Pledge (even if you took the Pledge during Phase 1 or 2). This must be completed before any points can be earned.

2) **Complete a Wellness Profile.** After taking the online Pledge, enter or remain in "Lifestyle Returns" and complete a confidential Wellness Profile. The Wellness Profile is a comprehensive survey that covers all aspects of your health, including fitness, heart and general health, nutrition, substance abuse, safety and stress. When you have completed the on-line Wellness Profile, you will receive an immediate on-line response with program recommendations that address your specific needs. Both the employee and the covered spouse/same-sex domestic partner must complete a Wellness Profile. This step is required (even if you completed a wellness profile in Phase 1 or 2), and you are awarded **30 points** towards the 70 point minimum requirement when it's completed.

How do I obtain the rest of my points?

Once you and your covered spouse/same-sex domestic partner have completed these required steps (Pledge and Wellness Profile), you can then choose from any of the remaining programs and activities to attain the 70 point threshold. This includes preventive exams, condition management programs, lifestyle improvement programs (which are available online, and may be available at the worksite, or at certain community sites), and many other available programs and activities. PASSHE has also added a number of new employer sponsored programs that may be available at your campus. Check with your university human resources department for additional information on these programs.

Each available program has a specific point value assigned (see attached points schedule). You simply choose the programs or activities that you wish to participate in, and follow the required steps to receive the indicated point value for that activity. When you and your covered spouse/same-sex domestic partner have each earned 70 points or more (this includes the 30 points you receive for completing the wellness profile), you have met your participation requirements for Phase 3. The Lifestyle Returns home page will track and display the total number of points you have accumulated.

What is the deadline for completing Phase 3?

You and your covered spouse/same-sex domestic partner must complete the requirements by the **May 31, 2010 deadline** in order to qualify for the lowest employee health plan contributions effective for the time period of July 1, 2010 through June 30, 2011.

Some of the programs and activities that are available for you to earn points in Phase 3 may take up to three months to complete – therefore, we encourage you to plan ahead in choosing the wellness programs and activities you are interested in, and make sure you allow yourself adequate time to complete those programs.

What if I have never registered for Healthy U?

If you have never registered for Healthy U on the Highmark Blue Shield website, please see the following instructions:

Register on the Highmark Website. If you do not already have a user ID and password, create one on the www.highmarkblueshield.com website by choosing “Register Now” from the Log In box. You will need your Highmark Member ID card number. A PIN number is not required for accessing the portions of the Highmark website necessary for Healthy U participation. Call Highmark Member Services at 1-866-727-4935 if you need assistance.

Is more information available?

Absolutely! To obtain information about completing the requirements:

- Visit the Healthy U website at:
<http://www.passhe.edu/executive/HR/SystemHR/Benefits/healthyu/Pages/default.aspx>
- Attend a meeting – campus meetings are being scheduled, watch for an announcement of the meeting dates/times at your campus
- Call Highmark’s Member Services 1-866-727-4935
- Contact your university human resources office with any questions or if you require assistance

More communications about Phase 3 participation, including detailed information on available programs and instructions on how to participate in these programs, will be distributed soon!