

# A healthy lifestyle is GOOD FOR YOU!

Get all your health in one place and meet a healthier YOU! This year Highmark and Roman Catholic Diocese of Erie are offering you and your covered spouse a personalized health and wellness platform that empowers you with information that can help you stay healthy and meet your wellness goals. Sharecare is all your health in one place. Your Sharecare profile is an ever-evolving story of your health. Based on your RealAge results, the expert resources, guidance, and programs, your Sharecare journey is personalized for you, so you can continue to create a healthy life, lived to the fullest.



**What is this year's wellness initiative incentive reward?** This year you and your covered spouse can each earn \$150 for completing 4 wellness-related tasks.

**What is required to earn my incentive?** We hope you will find the program a fun and easy way to earn your \$150 wellness incentive AND meet a healthier YOU! Here are the basic requirements that **must be completed by July 31, 2022.**

**Instructions for completing these steps can be found below - Completing the Good For You Wellness Initiative Steps.**

1. **Complete a wellness profile** to access the current state of your health. The wellness profile is called the "RealAge Test" and it is completed on the Sharecare website or by downloading and using the Sharecare app on your Android or Apple mobile device.
2. **Self-certify that you will have a preventive exam.**  
This is an "on your honor" agreement that you will have a yearly physical.
3. **Complete two of the following activities meant to engage you in continued healthy practices.** (See instructions on following page on how to complete the activities.)
  - Have a cervical cancer screening
  - Have a breast cancer screening
  - Have a colorectal cancer screening
  - Talk to a Blues on Call health coach
  - Participate in the Green Days Challenge by earning 60 Green Days
  - Participate in the RealAge Program

# Completing the Good For You Wellness Initiative Steps

1. Visit <http://mycare.sharecare.com> to login if you already have an account OR to create an account. (When creating an account, you will be asked to enter your member ID. Do not enter the first 3 letters.)

## Instructions:

- A. Once logged in, click the **Achieve** icon (it looks like a Shield.)
- B. Click the **Rewards** panel at the top of the screen. (The panel has a trophy on it.)
- C. Click **Good for You Diocese of Erie Wellness Plan**. (If you don't see the program, call Jim Tometsko at 814-824-1189.)
- D. Click the **RealAge Test** option and answer the questions. If you did the RealAge Test before, you will still need to retake the test by updating your responses in order to receive credit. (15 minutes.)
- E. Click the **Preventive Exam** step and agree that you will have, or have had, a yearly physical. (1-2 minutes)
- F. Choose **two** of these options
  - Have a cervical cancer screening (certify that you will have or have had your cervical cancer screening)
  - Have a breast cancer screening (certify that you will have or have had your breast cancer screening)
  - Have a colorectal cancer screening (certify that you will have or have had your colorectal cancer screening)
  - Set a goal with a Blues on Call health coach. (The phone number to call is on the back of your insurance card) **Tell them you are participating in the Diocese of Erie wellness rewards program.** (The length of this step depends on the conversation you have with the health coach. **It can take 4-6 weeks for a coaching call to show “complete” in your portal.**)
  - Within the Rewards panel, enroll in the Green Day Challenge and achieve 60 days by answering a few questions and filling the heart icon green. When you achieve 60 green days you will earn credit for this activity. You can only earn one green day each day so make sure you give yourself enough time to earn all 60!

- Within the Rewards panel, enroll in a RealAge Program (nutrition, activity, sleep, or stress.) Track 4 days per week for 3 weeks to earn credit for this activity.