

# THIEL COLLEGE

## HEALTHY POINTS WELLNESS REWARDS

### ABOUT THE PROGRAM

Take advantage of a simple wellness rewards program offered by your health plan and your employer.

The goal is to reach 100 points. Start by completing your Wellness Profile (**required**) for your first 25 points. Then complete other eligible activities until you reach the total 100 points.

### PROGRAM DATES

January 1, 2015 - September 30, 2015

### ELIGIBILITY

Highmark covered employees and medically covered spouses.

**\$120**

### GET STARTED

Log in to [highmarkbcbs.com](http://highmarkbcbs.com).  
Click the **Rewards Program** link under **Programs**.  
Then get started!

### CONTACT INFORMATION

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### EARNING POINTS IS EASY!

ACTIVITIES	Points
<b>Automatic Credit (System Generated)</b>	
<b>Required:</b> Complete the Wellness Profile	<b>25</b>
Set a goal with a Blues on Call Health Coach	<b>25</b>
Complete a Health Screening	<b>25</b>
Set any goal in My Health Assistant (up to 2 goals, choose from a variety of online courses on the Rewards site)	<b>10 per goal</b>
Make weekly plan progress in My Health Assistant on the Rewards site	<b>10 per plan</b>
Complete online health assessment on the Rewards site (back & neck pain, cardiovascular, diabetes care, stress)	<b>10 each</b>
Download the Daily Victory or the Weigh Today phone app on the Rewards site	<b>10 each</b>
Select an activity to track with the Daily Victory app on the Rewards site	<b>10</b>
Weigh-in with the Weigh Today app on the Rewards site	<b>10</b>
Register your Fitbit® device on the Rewards site	<b>10</b>
Add or edit a Personal Health Record detail on the Rewards site	<b>5</b>
Add or edit any Health Tracker on the Rewards site	<b>5</b>
<b>Self-Reported Credit (Manual)</b>	
Certify to be tobacco-free/enroll in a tobacco-free program on the Rewards site	<b>10</b>
Certify to have/will receive a preventive exam (annual physical, colorectal, dental, vision, OB/GYN, flu shot, mammogram) on the Rewards site	<b>10 each</b>
Record completion date of your employer-sponsored program on the Rewards site	<b>10</b>

*Visit your member website for details.*

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