

THIEL COLLEGE

Healthy Points Wellness Rewards

DO YOU HAVE THE POINTS YOU NEED?

If you have the 100 points you need to earn your wellness reward -- congratulations! If you don't, there's still time.

WHEN

You have until January 1-September 30, 2016 to complete the Healthy Points Wellness Rewards.

ELIGIBILITY

All medically covered employees

EARNING POINTS IS EASY!

Earn \$120 Cash reward

TRACK YOUR POINTS

Check how many points you have. Report completed activities. See what still needs to be done.

LOG IN AND GET STARTED

highmarkbcbs.com

Time is running out. Don't miss your chance to earn your reward.

QUESTIONS?

Contact Jennifer Clark, (724) 589-2858, JClark@thiel.edu



EARNING POINTS IS EASY!

ACTIVITIES	POINTS
Automatic Credit (System-Generated)	
REQUIRED: Complete the Wellness Profile	0
Set a goal with a Blues On Call Health Coach	25
Complete a Health Screening	25
Set any goal in My Health Assistant (Up to 2 goals, choose from a variety of online courses on the Rewards site)	10 per goal
Make weekly plan progress in My Health Assistant on the Rewards site (up to 2 goals)	10 per goal
Complete online health assessment on the Rewards site (back & neck pain, cardiovascular, diabetes care, stress)	10 each
Register the Daily Victory or the Weigh Today free app on the Rewards site	10 each
Select an activity to track with the Daily Victory app on the Rewards site	10
Weigh-in with the Weigh Today app on the Rewards site	10
Register your Fitbit® device on the Rewards site	10
Add or edit a Personal Health Record detail on the Rewards site	5
Enroll in How To Be Tobacco Free (Coaching program)	10
Add or edit any Health Tracker on the Rewards site	5
Self-Reported Credit (Manual)	
Certify to be tobacco-free	10
Certify that you have/will receive a preventive exam on the Rewards site (annual physical, colorectal, dental, vision, OB/GYN, flu shot, mammogram)	10 each
Record completion date of your employer-sponsored program(s) on the Rewards site	10 each

Visit your member website for details.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.