

# 2022 Wellness Program

Welcome to the Laborers' District Council of Western PA Welfare Fund 2022 Wellness Rewards Program. Review this flyer for important details about completing your program. Your program will continue to be administered by Sharecare, a personalized health and wellness platform.

## Want to Get Your In-Network Deductible Waived or Reduced?

**There are Two Required Activities to Complete the 2022 Wellness Rewards Program**

### Activity 1: Complete the Sharecare RealAge Test

If you already registered for Sharecare as part of last year's wellness program, you don't need to re-register, but you will need to re-take the RealAge Test at [mycare.sharecare.com](http://mycare.sharecare.com) to earn credit. If you haven't registered for Sharecare yet, visit [mycare.sharecare.com](http://mycare.sharecare.com) to set up your account (have your Highmark member ID ready) and take the RealAge Test. More detailed instructions are on the reverse side.

### Activity 2: Complete a Preventive Exam

Earn credit by completing your regular preventive exam. The exam must include blood pressure, height/weight and lipid panel or routine cholesterol or fasting blood glucose.

**You and your covered spouse (if applicable) must voluntarily complete the wellness requirements by September 30, 2022.**

**By completing the requirements by September 30, 2022, your in-network deductible will be waived or reduced.**

## How to create your Sharecare account if you have not already registered (have your Highmark member ID ready!):

- 1 Visit **mycare.sharecare.com** on your computer or mobile device.
- 2 Click on **Create an Account** near the bottom of the page.
- 3 Enter the required information, including the numeric portion of your Highmark member ID card.
- 4 Agree to the terms of use and authorization.
- 5 Click on **Create an Account**.

### Important tips:

Whether using a computer or mobile device, you must visit **mycare.sharecare.com** to register for the first time. You cannot register for the first time on the Sharecare app. You and your spouse must register with separate e-mail addresses and passwords.

**Note: If you do not have computer access, you can request a paper version of the RealAge Test by calling Sharecare no later than August 15, 2022 at 1-800-858-9063. Be sure you are registered by Sharecare at the time of your request to earn credit when your paper RealAge Test is returned. A signature is REQUIRED for processing and must be received by Sharecare prior to September 30, 2022 (not postmarked by).**

## Complete each of these requirements by September 30, 2022 to complete the 2022 program:

- 1 **Complete the Sharecare RealAge Test**  
This 15 minute assessment helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health.  
**If you already registered and took the RealAge Test as part of last year's wellness rewards program:**  
Log into your Sharecare account at **mycare.sharecare.com** and click the **Achieve** icon, then **Rewards**. Click the RealAge Test from the list of activities to retake the test. Please note, you **MUST RETAKE** the RealAge Test via these steps to earn credit for the 2022 program. Make sure to answer all of the questions. *Please note: You and your spouse must complete the RealAge Test separately at **mycare.sharecare.com**. If you and your spouse are taking the RealAge Test on the same device one after the other, please leave the site and re-enter **mycare.sharecare.com** for the second RealAge test. You and your spouse must use separate e-mail addresses and passwords.*
- 2 **Complete a Preventive Exam**  
Earn credit by completing your regular preventive exam. The exam must include:
  - Blood Pressure
  - Height/Weight
  - Lipid Panel or routine Cholesterol or Fasting Blood Glucose

## Additional Questions?

Contact the Highmark Dedicated Customer Service Unit at **1-866-594-1732**.

### Any information provided in your Sharecare account is confidential and will NOT be shared with your employer.

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

Sharecare is a registered trademark of Sharecare, LLC, an independent company that provides a consumer care engagement platform for Highmark members. Sharecare is solely responsible for its programs and services, which are not a substitute for professional medical advice, diagnosis or treatment.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。