

# COMPLETE YOUR WELLNESS REQUIREMENTS BY SEPTEMBER 30, 2025!

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

You may do this by you and your spouse (if applicable) voluntarily completing the following required wellness activities:

### Earn credit by completing a Preventative Exam with the Appropriate Diagnostic Health Screenings:

- The exam must include blood pressure and height/weight.
- A minimum of **ONE** of the following diagnostic health screenings is needed in conjunction with your physical exam to meet the wellness requirements:
  - Lipid Profile
  - Fasting Blood Glucose
  - Routine Cholesterol Screening

*\*Urinalysis, Prostate Specific Antigen (PSA), Comprehensive Metabolic Panel (CMP) and Complete Blood Count (CBC) are **NOT** required as part of your preventative exam and are **NOT** covered as routine services.*

*Please see your health plan benefit for information about covered services.*

Be sure to use a Members Savings Site for your lab work to avoid a  
**\$50 copayment.**

Contact Highmark Customer Service 1-866-594-1732 for site locations.

**If you do not meet the wellness requirements by September 30<sup>th</sup>, you will be responsible for the in-network deductible effective 1-1-2026.**

## All your health care needs... all in one place.

Introducing a new, simpler way to engage with Highmark. Whether on your phone or your laptop, **My Highmark** has everything you need to manage your benefits and reach your health goals — all in one place. Visit **My Highmark** to check your claims status for your preventive exam and health screenings to ensure you will earn credit for your reward.

Scan the QR code to download  
the new My Highmark app or  
visit [MyHighmark.com](https://MyHighmark.com) today.



Already have an online account?  
You can log into My Highmark  
using the same username and  
password.



Because Life.™



**Have questions regarding the  
wellness requirements?  
Please contact your Plan Administrator.**



Because Life.™

HMDDES  
120 Fifth Avenue  
Pittsburgh, PA 15222

Rewards are provided by your Plan Administrator and not your health plan.

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

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）。