

REMINDER! COMPLETE YOUR WELLNESS REQUIREMENTS BY SEPTEMBER 30, 2019!



Want to get your in-network deductible waived?

You may do this by you and your spouse voluntarily completing the following **required activities**:



Complete the Sharecare RealAge® Test:

Visit mycare.sharecare.com to sign in or sign up.

Please note: If you do not have computer access, request a paper version of the RealAge Test by calling the Highmark Dedicated Customer Service Unit. It takes 15 days to receive the paper version. A signature is **REQUIRED** for processing and it must be **RECEIVED BY Sharecare prior to September 30th (NOT POSTMARKED BY)**. You are required to register with Sharecare for your paper RealAge Test to count.



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

*Urinalysis, PSA, comprehensive metabolic panel and complete blood count (CBC) are not required as part of your preventive exam and ARE NOT covered as routine services. Please see your health benefit plan for information about covered services.



Questions?

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



IMPORTANT WELLNESS PROGRAM INFORMATION!

In order to receive credit for taking the Sharecare RealAge test (one of the two required activities of this years program), you and your spouse **MUST** register *with separate email addresses and passwords* and take the RealAge test on **mycare.sharecare.com** (NOT **sharecare.com**) from a mobile phone browser or desktop.

You will not receive credit if you took the RealAge test on sharecare.com.

If you and/or your spouse have already registered and/or taken the RealAge test on **sharecare.com**, you **MUST** visit **mycare.sharecare.com** and log in with the same email and password to set up your correct Laborers account. Once you do this and set up your correct Laborers account, the RealAge test results that you completed on **sharecare.com** will be transferred to the correct account and you will then earn credit. *The date of transfer will be used as the completion date and should be before September 30, 2019.*

Please note: If you requested and completed a paper version of the RealAge test, you MUST register to earn credit. Call Sharecare at 1-800-858-9063 for assistance.

