

## Healthy U

# FOCUS on.....Preventive Exams/Preventive Screenings – 30 points

### Preventive Exams

#### Why are Preventive Exams part of Healthy U?

Preventive exams and screenings are a critical part of a personal wellness plan. Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. Managing a disease, especially early in its course, may lower its impact on your life or prevent or delay serious complications.

#### Will I earn Healthy U points for scheduling and recording Preventive Exams?

Yes, you can earn **30 points each** for scheduling and recording the following exams:

- Physical Exam
- Gynecological Exam
- Mammogram (women age 40 and over)

#### Because preventive care is part of Healthy U, does this mean that all preventive services I obtain will be covered under my benefit program?

Not necessarily, some screenings recommended by your physician may not be covered under your benefit program. Before obtaining any recommended screenings, you or your physician are encouraged to contact Highmark Member Services at 1-866-727-4935 for clarification of coverage. You are responsible for payment for any services not covered under your benefits program.

#### Am I required to obtain preventive services as part of my Healthy U participation requirements?

No. Although preventive exams and screenings are a critical part of a personal wellness plan, you are not required to obtain these services as part of the Healthy U wellness program. Preventive exams and screenings are one option for you to choose to earn points toward the 70 point requirement for successful Healthy U participation.

#### What is a qualifying Preventive Exam?

The preventive exams which qualify for Healthy U points are based upon the preventive health guidelines. Recommended exam frequency varies based upon member age and type of exam. Please see the chart below that lists the acceptable range of dates in which an exam can occur to qualify for points in the 2011/12 Healthy U Wellness plan year.

|                          |                  |                  |                  |
|--------------------------|------------------|------------------|------------------|
| Men:                     | Age 19-39        | Age 40-49        | Age 50+          |
| Preventive Physical Exam | 7/1/10 - 6/30/12 | 7/1/10 - 6/30/12 | 7/1/11 - 6/30/12 |
| Women:                   | Age 19-39        | Age 40-49        | Age 50+          |
| Preventive Physical Exam | 7/1/10 - 6/30/12 | 7/1/10 - 6/30/12 | 7/1/11 - 6/30/12 |
| Gynecological Exam       | 7/1/11 - 6/30/12 | 7/1/11 - 6/30/12 | 7/1/11 - 6/30/12 |
| Mammogram                | N/A              | 7/1/10 - 6/30/12 | 7/1/10 - 6/30/12 |

#### After I completed the Pledge and the Wellness Profile, the preventive exam date that I entered last year appeared in the Lifestyle Returns section of the website and I was credited with 30 points, is this accurate?

Yes, based upon the type of exam, the date of the exam, and your age, you may be receiving credit for a preventive exam that you entered in the previous year of Healthy U. If the exam date you entered falls within the acceptable date range provided in the chart above, this is also a qualifying exam for the 2011/12 Healthy U plan year and you will be credited with 30 points.

## I entered a preventive exam date last year, but after completing my Pledge and Wellness Profile, the Preventive Exam fields are blank, is this accurate?

If your Preventive Exam date fields are blank, the dates of the exams that were used to meet last year's requirements are no longer current. To receive credit for the 2011/12 Healthy U program, you will need to schedule and record an exam date that falls within the acceptable date range outlined in the chart above.

## I am a woman over the age of 40, how many points can I earn for scheduling and recording my Preventive Exams?

A female member age 40 or over could earn a maximum of 90 points for scheduling and recording a physical exam, annual gynecological exam and a mammogram.

## What exactly do I need to do to earn points for completing Preventive Exams? If I just have the exam, will I automatically receive credit for it?

After scheduling the preventive exam, you will need to complete the following steps to receive the 30 points. Please note that the exam date will **not** automatically populate as a result of having the exam, you need to enter the exam date within the Lifestyle Returns section of the Highmark website.

- Start by going to the Highmark website [www.highmarkblueshield.com](http://www.highmarkblueshield.com)
- Click the **MEMBERS** tab and log in with your **USER ID** and **PASSWORD**
- Choose the **YOUR HEALTH** tab from the Welcome page
- Click on the **LIFESTYLE RETURNS** link
- Under **Step 3 Take Charge of Your Health**, click **PREVENTIVE EXAMS**

Take charge of your health! By getting preventive care exams, taking part in programs/activities and using online health education tools, you're on your way to a healthier you!



- Enter the appropriate exam date and click **SUBMIT**

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### Preventive Exams

Preventive care exams are included in this activity based on your age as of the program's effective date. Use the calendar to see the complete date range available to you based on your age and gender. [Review the Preventive Care Schedule](#) to see what care might be right for you.

To receive credit for this activity, submit your appointment date(s).

[View Previous Dates](#)

| Exams              | Date                                    | Points Earned | Points Possible |
|--------------------|-----------------------------------------|---------------|-----------------|
| Physical Exam      | <input type="text" value="01/13/2009"/> | 30            | 30              |
| Gynecological Exam | <input type="text"/>                    | 0             | 30              |
| Mammogram          | <input type="text"/>                    | 0             | 30              |

## Other Preventive Screenings

### Can I earn Healthy U points for obtaining Other Preventive Screenings?

Yes, if you schedule and record one of the following screenings, you can receive an additional 30 points. Please note you can only receive credit for one screening in this category (maximum of 30 points):

- Colonoscopy
- PSA (Prostate) Test
- Clinical Skin Exam
- Dental, Vision or Hearing Exam
- Male Mammogram
- Mammogram (women under age 40)

### How do I record one of these Other Preventive Screenings and earn the 30 points?

After scheduling the preventive screening, you will need to complete the following steps to receive the 30 points. Please note that the date will **not** automatically populate as a result of having the screening, you need to enter the exam date within the Lifestyle Returns section of the Highmark website.

- Start by going to the Highmark website [www.highmarkblueshield.com](http://www.highmarkblueshield.com)
- Click the **MEMBERS** tab and log in with your **USER ID** and **PASSWORD**
- Choose the **YOUR HEALTH** tab from the Welcome page
- Click on the **LIFESTYLE RETURNS** link
- Under **"Step 3 Take Charge of Your Health"**, click **HEALTH AND WELLNESS PROGRAMS**
- Click the **SPONSORED BY EMPLOYER** button
- Under the **"Other Programs or Activities"** category, click on **OTHER PREVENTIVE SCREENINGS - 30 points**

**In Your Community**

After participating in any of these activities, you will be given a completion code to enter online for activity credit. [Find locations](#) where community programs are offered.

**Weight Watchers - 25 Points (Community)**  
10 weeks, 10-less than 1 hour/classes  
Each week the participant has a confidential weigh-in to help them track their progress. Participants learn how to make wise choices, eat healthy, and enjoy food and exercise.

**Other Programs or Activities**

The following are additional programs/activities offered by your employer.

- Education / Self Improvement - 10 Points**  
A key element to a healthy personality is willingness to grow and learn. That's why your company is sponsoring education/self improvement programs.
- Employer Sponsored Fitness Program - 25 Points**  
See your employer for details on this program.
- Employer Sponsored Wellness Program - 25 Points**  
See your employer for details on this program.
- Fitness Workouts - 25 Points**  
See your employer for details on this program.
- Health Coaching - 25 Points**  
See your employer for details on this program.
- Other Preventive Screenings - 30 Points**  
See your employer for details on this program. ←
- Walking Program - 25 Points**  
See your employer for details on this program.
- Wellness Committee Participation - 25 Points**  
See your employer for details on this program.

[View All Categories](#)

- Type in the date of your screening and press **SUBMIT**

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### Other Preventive Screenings

In addition to your Health and Wellness Programs, your employer will give you credit for participating in the following activity(ies). Please document your participation as instructed to receive credit. Please note that while you self-report your participation, your employer may check to assure accuracy.

Enter date of activity  ←

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