



Earn a credit towards your deductible for living healthier.

Welcome to ACSHIC's HealthyU Wellness Program brought to you by the ACSHIC health plan. Participating is easy. Earn points by completing healthy activities in the upcoming 2025-2026 Plan Year to earn a deductible credit in the following 2026-2027 Plan Year.

How to get started

Download the **My Highmark** app from the app store on your device, or visit **MyHighmark.com**. Here you'll find everything you need to manage your benefits and your health.

After you create an account **and make sure you accept the annual authorizations**, you can begin your program, track your progress, and complete many of your activities right from the app or website.



Because Life.™

Eligibility

Medically covered employees and spouses

Important deadlines

Make sure you complete all of your program requirements between **07/01/2025** and **03/31/2026**.

- Have a completed Preventive Exam between July 1, 2024 and March 31, 2026.
- Complete your Health Assessment from July 1, 2025 through March 31, 2026.

Your reward



Get rewarded for completing the activities within the Rewards Program to earn a credit towards the following year's deductible.

By completing the health risk assessment and preventive exam, an employee and spouse will each receive \$100 credit to their deductible upon individually completing the program.

Have questions? Call your dedicated Highmark Connect team at 844-946-6238.

ACSHIC's HealthyU Wellness Program

How the program works

You need **1,000 points** to complete the program.

To earn **1,000 points**, complete the following

Required Activities:



Health Assessment

Simply complete or update your survey between July 1, 2025 and March 31, 2026 **even if you had completed it during a prior Wellness Program**, to receive credit for this activity.



Preventive exam

Earn credit for completing your regular preventive exam from July 1, 2024 through March 31, 2026. The directions to complete this activity are within your rewards program details.

Plan	Impact on Deductible
Employee Only	\$200 Deductible
Employee: Exam and Assessment	-\$100
Total Deductible Responsibility	\$100
Employee + Spouse/Family	\$400 Deductible
Employee: Exam and Assessment	-\$100
Spouse: Exam and Assessment	-\$100
Total Deductible Responsibility	\$200
Employee + Child	\$400 Deductible
Employee: Exam and Assessment*	-\$100
Total Deductible Responsibility	\$300

** Child dependents are not eligible for the deductible reduction*

In accordance with ACSHIC's HealthyU Wellness Program, employees and their spouses who have had a Preventive Exam from July 1, 2024 through March 31, 2026 will be deemed to have satisfied this criteria of the program.



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Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Health Insurance Company, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees 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）。