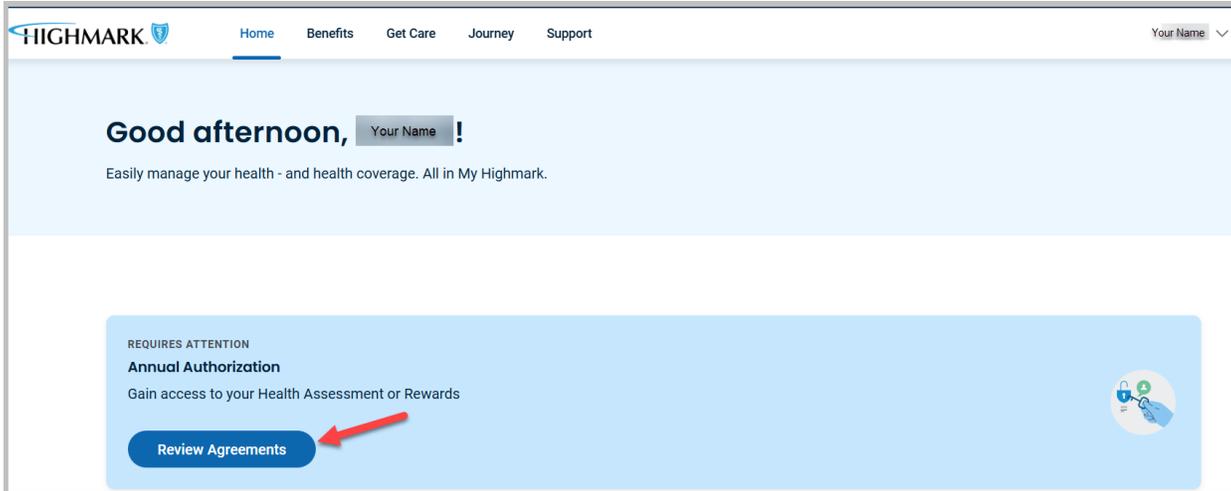


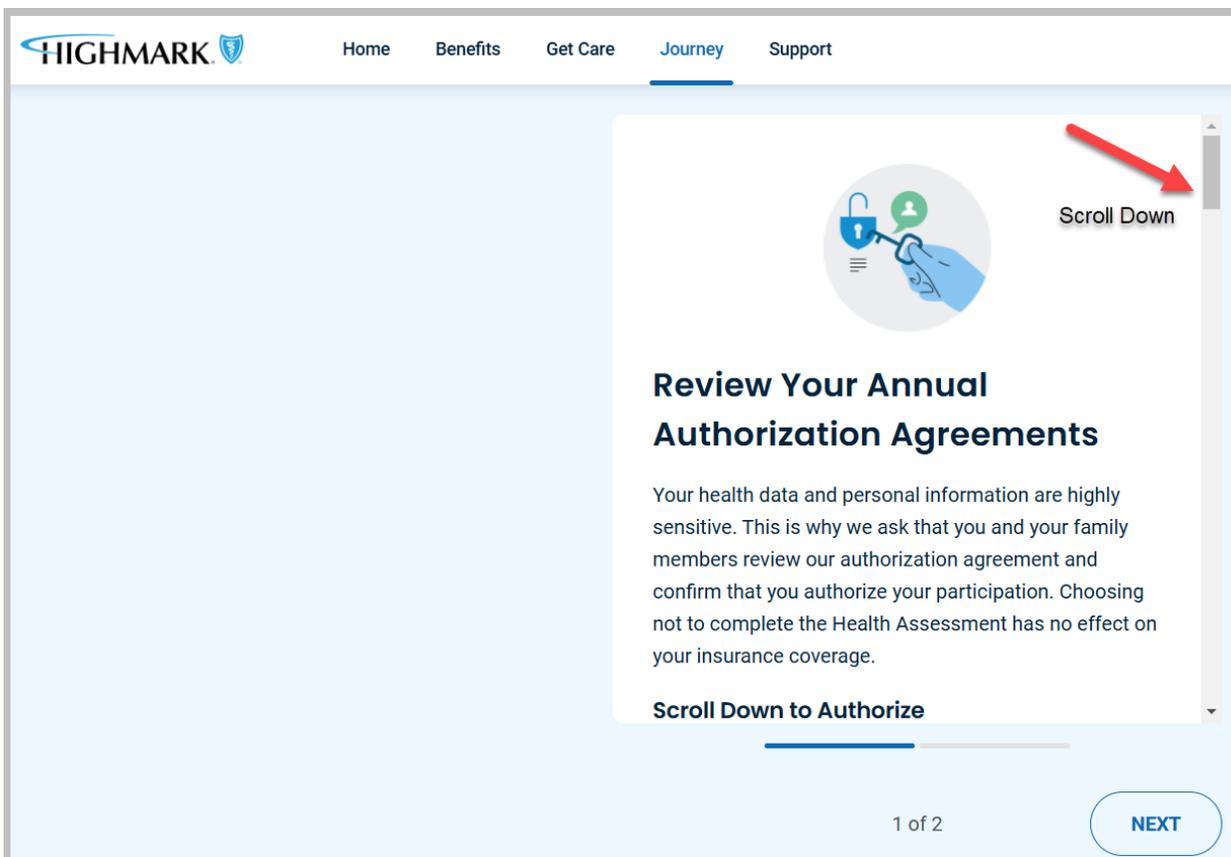
Log in: [MyHighmark](#)

Completing the annual authorizations:

Upon your first login each year, the following authorizations must be agreed to and accepted to access the Healthy U Health Assessment.



The screenshot shows the MyHighmark homepage. At the top, there is a navigation bar with the Highmark logo and links for Home, Benefits, Get Care, Journey, and Support. A user's name is displayed in the top right corner. Below the navigation bar, a greeting reads "Good afternoon, [Your Name]!" followed by the text "Easily manage your health - and health coverage. All in My Highmark." A prominent blue notification box is centered on the page. It contains the text "REQUIRES ATTENTION" and "Annual Authorization" in bold, followed by "Gain access to your Health Assessment or Rewards". A blue button labeled "Review Agreements" is located at the bottom left of the notification box, with a red arrow pointing to it. A small circular icon with a lock and a person is on the right side of the notification box.



The screenshot shows the "Review Your Annual Authorization Agreements" page. The navigation bar at the top includes Home, Benefits, Get Care, Journey (which is highlighted), and Support. The main content area features a large white box with a blue header "Review Your Annual Authorization Agreements". Below the header, there is a paragraph of text: "Your health data and personal information are highly sensitive. This is why we ask that you and your family members review our authorization agreement and confirm that you authorize your participation. Choosing not to complete the Health Assessment has no effect on your insurance coverage." Below this text, a blue button labeled "Scroll Down to Authorize" is visible. A red arrow points to a vertical scrollbar on the right side of the page, with the text "Scroll Down" next to it. At the bottom of the page, there is a "1 of 2" indicator and a blue "NEXT" button.

records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

Authorization

By checking this box, I affirm that I understand this information and voluntarily authorize the collection and use of my health information as described above.

NEXT

Agreement 2 of 2

Scroll Down

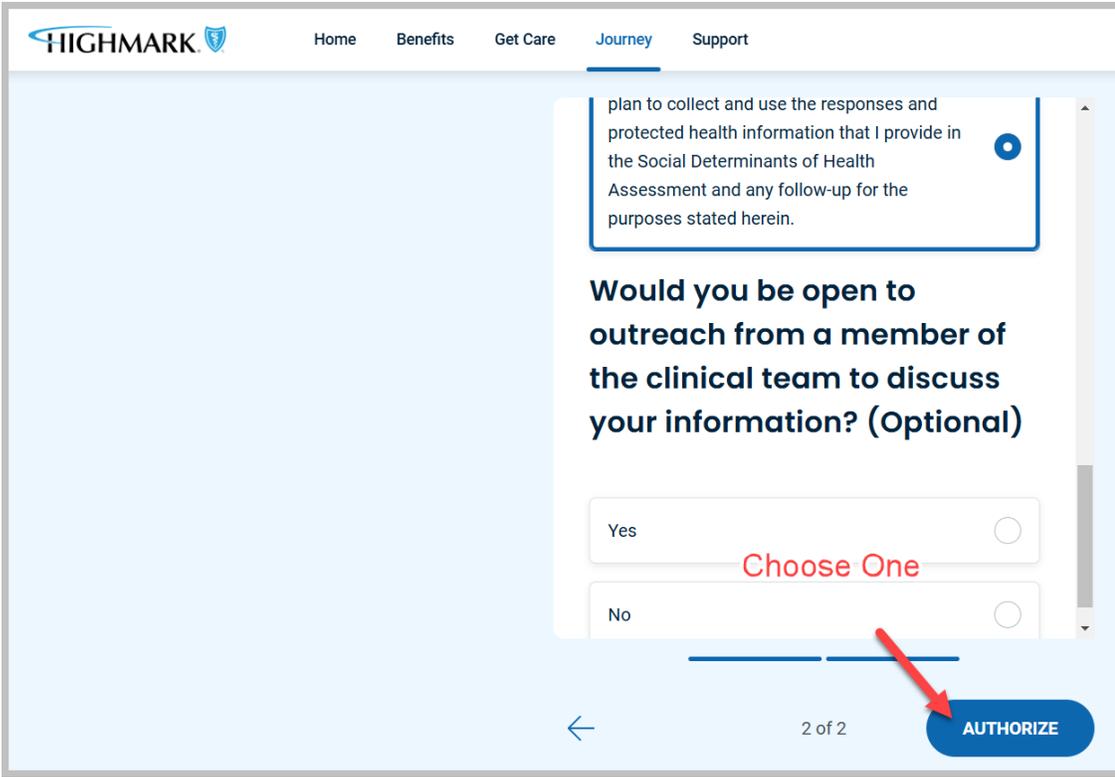
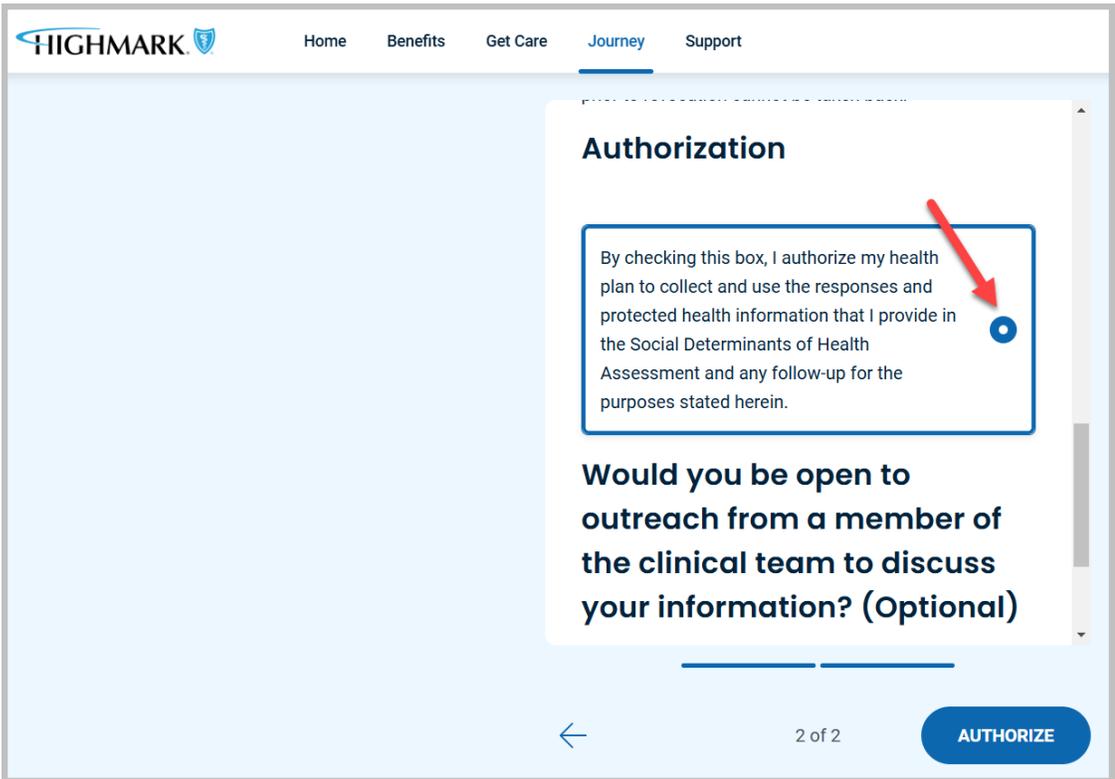
Social Determinants of Health Assessment Disclaimer

Your health plan (or its duly authorized service provider) is issuing a Health Assessment (HA) to better understand your specific Social Determinants of Health (SDoH). The HA contains questions regarding your access to transportation, housing, food, and other social resources.

Your HA responses and protected health information (PHI) will be used to carry out specific activities related to SDOH program and resource administration, as well as by social workers or case managers for the ongoing management of your care. Your responses and PHI will



AUTHORIZE



Once both authorizations have been agreed to and accepted, continue on to the health assesment.

Completing the Health Assessment, Log in: [MyHighmark](#)

Medicare For Providers For Employers For Agents/Brokers

HIGHMARK 

Language Assistance Contact Us My Location Member Login

Plans For Members Resources About Newsroom

Home / Member Guide PRINT SHARE

Welcome to My Highmark

Unlock your health plan benefits, then set and reach healthy goals.

MEMBER LOGIN REGISTER

HIGHMARK 

Home Benefits Get Care **Journey** Support your name

Good morning, your name !

Easily manage your health - and health coverage. All in My Highmark.

Medical ID Card

click Journey tab

https://member.myhighmark.com/health-journey

HIGHMARK 

Home Benefits Get Care **Journey** Support your name

You've got this, your name !

View My Health Dashboard >
Latest Insights, metrics, and more

scroll down

Activities Progress History Explore

HIGHMARK [Home](#) [Benefits](#) [Get Care](#) [Journey](#) [Support](#)

Expires Mar 2, 2025

Health Assessment: Health Basics

From Your Rewards Programs [View all](#)

1 Available Activities

- HEALTHY U 2025
Complete Health Assessment
Required Complete by May 31, 2025

click in this box

HIGHMARK [Home](#) [Benefits](#) [Get Care](#) [Journey](#) [Support](#)



HEALTHY U 2025

1000 Reward Points

Complete Health Assessment

The Health Assessment is a series of questions about topics including health status, social determinants of health, as well as exercise and nutrition habits. Upon completion of the survey, you will receive recommendations for health and wellness programs and resources that can help improve your health.

[Take Health Assessment Now!](#)

The health assessment has 7 sections and takes approximately 15-20 minutes to complete.

Complete all 7 sections. When complete you should see:

You did it, Your Name !



You completed
HEALTHY U 2025

You've earned a total of
1,000 Reward Points

Once finished, go back to the Journey tab to verify completion:

The screenshot shows the Highmark website's 'Journey' tab. The navigation bar at the top includes 'Home', 'Benefits', 'Get Care', 'Journey', and 'Support'. The user's name, 'Your Name', is displayed in the top right corner. A large blue banner contains the text 'You've got this, Your Name!' and a 'View My Health Dashboard' button. Below the banner are tabs for 'Activities', 'Progress', 'History', and 'Explore'. The 'History' tab is selected. Underneath, there is a 'Month 2025' selector and a 'Completion Date' field. A 'REWARDS PROGRAM' section shows 'HEALTHY U 2025' with '1000 / 1000 Reward Points Earned'. Red boxes and arrows highlight the 'Journey' tab, the 'click here first' and 'click here second' instructions, the 'Your Name' dropdown, the 'History' tab, and the 'Completion Date' field. A large red box contains the instruction: 'Take and save a screenshot, capture your name, date of completion, and points earned.'