

To verify Healthy U Health Assessment completion:

Log in: [MyHighmark](#)

Both the enrolled employee and spouse (if enrolled/applicable) have to complete Healthy U in order to receive the lowest healthcare premium.

The screenshot displays the MyHighmark website interface. At the top, the navigation bar includes 'Home', 'Benefits', 'Get Care', 'Journey', and 'Support'. The 'Journey' tab is highlighted with a red box and labeled 'click here first'. Below the navigation, a large blue banner reads 'You've got this, Your Name!' with a 'View My Health Dashboard' button. A red box labeled 'click here second' points to the 'History' tab in the sub-navigation bar. Below this, the 'Month' is set to '2025' and the 'Completion Date' is indicated. A red box labeled 'Take and save a screenshot, capture your name, date of completion, and points earned.' points to the 'REWARDS PROGRAM' section, which shows 'HEALTHY U 2025' and '1000 / 1000 Reward Points Earned'. The user's name 'Your Name' is visible in the top right corner, also highlighted with a red box.