



## WELLNESS ACTIVITIES IN 2018

### ***Save money in 2018 by participating in the Wellness Program***

Participation is voluntary. There is no penalty for non-participation, but there are rewards if you do participate!

Your rewards are waived PCP copays AND reduced specialist copays. Complete these three activities to earn your rewards: a) select a PCP (if not done previously) or confirm your PCP (if selected previously), b) complete the online health assessment, and 3) have one of your recommended screenings done.

***NEW FOR 2018: If you completed these steps in 2017, you will continue to receive the rewards in 2018—there is no need to re-do the steps. You will enjoy the rewards through 12/31/2018.***

### **4 Easy Steps to Get Started in the 2018 Wellness Program (if not completed in 2017):**

**Step 1:** Visit your medical carrier's website to create an account (if you have already created an account, you do not need to set up a new account to complete the activities).

#### **TO CREATE A NEW ACCOUNT – CAREFIRST ENROLLEES:**

→Register for MyAccount by visiting [www.carefirst.com/statemd](http://www.carefirst.com/statemd). Click “Register Now” and follow the steps.

→Once logged into MyAccount, a popup box will appear called Wellness Program – click on the “Earn Now” button to go to the section where you can see the requirements.

→Alternatively, on the MyAccount landing page, there is a banner that states – “To access your 2018 State of Maryland Wellness Program, click here.” Click this button to go to the wellness section.

#### **TO CREATE A NEW ACCOUNT – KAISER ENROLLEES:**

→Login or Register at [www.my.kp.org/maryland](http://www.my.kp.org/maryland).

→To begin the process, click on “Wellness Program Information.” You can find this in a blue box on the right-hand side of the page. There you will find all of the information needed to participate in the Wellness Program.

→VERY IMPORTANT! Sign the HIPAA Wellness Agreement. (This step must be done in order to receive the PCP copay waiver.)

**TO CREATE A NEW ACCOUNT – UNITED HEALTHCARE ENROLLEES:**

→Login or Register at [www.myuhc.com](http://www.myuhc.com). To register, click the “Register Now” button. Have your United Healthcare medical ID card on hand.

→Once logged on to myuhc.com click the Health & Wellness tab, which is the farthest right top at the top of the page.

→Follow the simple steps below to complete a one-time Health & Wellness registration. On return visits you will be able to go directly to your personal Health & Wellness homepage. To complete the Health Assessment, click on the Rally SM Health Assessment that can be located on the Health and Wellness tab and click “Go to Rally”.

**Step 2:** Select your PCP if not already done. If already done, move to Step 3.

**Step 3.** Complete the online health risk assessment (HRA) which is available on your medical carrier’s site. You have a choice between completing your medical plan's health risk assessment or the [State's Health Risk Assessment](#). (If you complete the State's HRA, you will indicate this on your medical plan's wellness tab.) *Once done with steps 2 and 3, your PCP copay waiver begins in 2 weeks!*

**Step 4.** Take the [List of Health Screenings](#), with you to your annual physical exam, and if your doctor recommends any of the screenings, complete at least one of the screenings. *Within 30 days of completing the screening, your Specialist copays are reduced to \$25.00!*

**Any questions? Visit our [Wellness Program FAQ's](#)**