

# THE 2018 LIVE HEALTHY PROGRAM IS HERE!

It's easy to complete and saves you money!



**3 simple steps can SAVE YOU \$750  
-DUE BY MARCH 31, 2018-**

We want to help Associates like you make healthy lifestyle choices, and are happy to reward you for your efforts.

We need your help to meet our goal of providing quality health care coverage. By participating in the Live Healthy program, you will be doing your part to help us manage our health care costs so that we can maintain great benefit programs into the future.

## 3 Steps to Save

1. Complete the confidential [Online Questionnaire](#) to understand your progress toward achieving a healthy lifestyle.
2. Receive an [Annual Preventative Exam](#).
3. Certify your [Tobacco Status](#). Discount options are still available for our Associates who may not yet be tobacco free.



**It's easy to complete and will save you some real money! The program is completely confidential and Ollie's will never see the information provided within the program. So get started today. The program must be completed by **3/31/18** to secure the discount.**

*A more detailed review of the program and directions for completion are attached and available at [benefits.ollies.us](http://benefits.ollies.us) (password is bargain). As always, should you have any questions, please contact Yanira or Suellen at our Benefits Hotline. The toll free number is (800) 544-7292 ext. 278 or 322.*



## 2018 Live Healthy Program Requirements

### 1. Complete an Online Wellness Profile

- An online wellness questionnaire from Highmark Web MD provides you with a summary of your current health status and what areas you can improve. Access your wellness profile at [www.highmarkblueshield.com](http://www.highmarkblueshield.com).
- **Optional Health Coaching**. Health Coaching is an outreach program which you can opt into for help with any of your health status areas which require improvement.

### 2. Receive an Annual Preventive Exam

- See your doctor for your annual preventive exam.
- The exam must be completed between January 01, 2017 and March 31, 2018. **The Highmark health plan covers 1 (one) preventive exam per calendar year, so please schedule accordingly.**
- **Please tell the person scheduling your appointment that you want an Annual Preventive Exam and stress the visit needs to be coded as a Preventive Exam.** This Preventive Exam is 100% paid by Highmark. That is \$0 cost to you!



**During your Annual Preventive Exam you must obtain Physician Directed Laboratory Test Results (PDR Form with Your Numbers) and Have your Doctor Fax the Form**

- Print this form from <https://portal.ichtools.com>. Register on this website with your Name as shown exactly on your Highmark ID card and provide your Date of Birth. You do NOT need a Company Code. Take this form with you to your preventive exam. During your preventive exam, have your doctor complete and submit the PDR form. Your doctor must fax the form back to the number on the form. **ONLY those laboratory tests on the PDR form are required.** If your physician recommends other laboratory tests, **these may be at your cost**, so please discuss these laboratory tests with your physician and understand your potential out of pocket costs.
- If you have obtained all of the required laboratory test results **anytime since January 01, 2017**, then your provider may use that information to complete the PDR form. Please contact your provider to arrange for those results to be submitted via the PDR form.

### 3. Tobacco Status Certification (completed online via the Highmark Rewards Program WebMD site at [www.highmarkblueshield.com](http://www.highmarkblueshield.com))

- Certify that you are Tobacco Free; OR
- Certify that you will enroll in and complete the "How to be Tobacco Free" program.

**Associates MUST complete ALL requirements by March 31, 2018 in order to receive the full incentive**