

THE "NEW" 2019 LIVE HEALTHY PROGRAM IS HERE!



ACTION REQUIRED to receive your
health plan discount! **PLEASE READ**

3 simple steps can SAVE YOU \$750
DUE BY APRIL 30, 2019

The 2019 Live Healthy program is **new and improved!**
Some things have changed but some things have stayed the same!

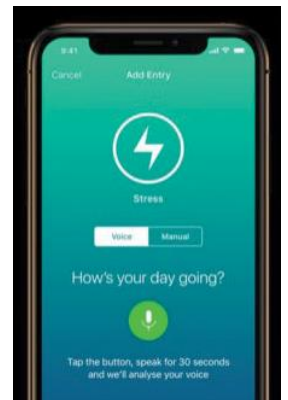
STILL THE SAME:

- ✓ **3 Simple Steps still Save You \$750**
 - Step 1: RealAge Test
 - Step 2: Preventive Exam
 - Step 3: Tobacco Status
- ✓ **The Program is still Completely Confidential**



WHAT HAS CHANGED:

- ✓ **Live Healthy now uses the Sharecare app!**
Simply download the app in your app store.
*NOTE – you must register via:
mycare.sharecare.com.
After you register, you may download the app
and log in or continue using the web.
- ✓ **Preventive Exam no longer requires the lab form!**
You must still have your preventive exam completed
between January 01, 2018 and April 30, 2019. You will simply certify
this exam has been completed.



*A more detailed review of the program and directions for completion is attached and available at benefits.ollies.us
(password is **bargain**). As always, should you have any questions, please contact our Benefits Hotline.*

The toll free number is (800) 544-7292 ext. 278 or 280.

SO GET STARTED TODAY.

The program must be completed by 4/30/19 to secure the discount.



Wellness Rewards Program

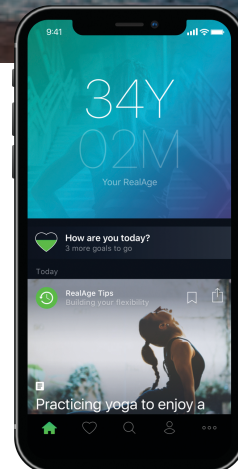


Meet the healthier YOU in 2019!

Ollie's Live Healthy

Highmark and Ollie's Bargain Outlet are offering you an exciting new wellness rewards program that can help you reach the finish line and "break the tape" toward a healthier YOU in 2019!

Sharecare — an innovative online health assessment and support company — will administer key parts of your program. With Sharecare, you'll receive a wealth of personalized guidance to help you live a healthier lifestyle by eating right, exercising, getting the right amount of sleep, reducing stress, and more.



How do I earn my Rewards?

There are three simple steps in the Ollie's Live Healthy Program.

Complete steps 1 and 2 to earn 1,000 points. Complete step 3 to earn 250 points.



STEP 1: RealAge Test - 500 points

Helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health.



STEP 2: Preventive Exam - 500 points

Earn credit by certifying you have completed your regular preventive exam between 1/1/2018 and 4/30/2019.

You may complete the third step by selecting ONE of the following wellness activities:

STEP 3: Wellness Activities - 250 points

- **Certify you are tobacco free**
- **Enroll in How to Be Tobacco Free**
- **Complete Tobacco Cessation Guide**



Earn Rewards!

Go to the app to learn more about the activities available exclusively for you.



Program Incentive - Three simple steps to save \$750.

Earn \$500 - Complete steps 1 and 2
Earn \$250 - Complete step 3



Get Started

To register and get started, go to mycare.sharecare.com.

Already have an existing Sharecare account? Sign in with your existing Sharecare username and password.

New to Sharecare? Follow the prompts to set up a new account.

Verify your eligibility. Enter your information exactly as it appears on your Highmark member ID card.



Deadlines

Register on or after January 01, 2019 to secure your program start earning your wellness rewards. **Program must be completed by April 30, 2019 to secure your discount!**



Questions?

For questions about Sharecare, call the number on the back of your Highmark ID card.

For questions about the Live Healthy Program, please contact the benefits hotline 1-800-544-7292 x. 278 or 280.

