



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. 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.

→ 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. 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](#)