


Healthy U

Recording Your Completion of a “WALK N TALK” to Earn 25 Healthy U Points

- Start by going to the Highmark website www.highmarkblueshield.com and log in with your **USER ID** and **PASSWORD**
- Click on the **REWARDS PROGRAM** link
- Under the “Choose your activities to earn points” section, scroll down and locate **Completion of an activity/fitness program**

Completion of a nutrition program - One more Do this by 5/31/2016	25 points	I Did This
Completion of a nutrition program - Two more Do this by 5/31/2016	25 points	I Did This
Completion of a activity/fitness program - One more Do this by 5/31/2016	25 points	I Did This
Completion of a activity/fitness program - Two more Do this by 5/31/2016	25 points	I Did This

- Click the blue box that says “I DID THIS”.

Completion of a activity/fitness program - One less Do this by 5/31/2016 When did you do this? <input type="text"/>  <input type="button" value="Save"/>	25 points	I Did This
Completion of a ac more Do this by 5/31/2016	25 points	I Did This
Completion of a sa Do this by 5/31/2016	25 points	I Did This
Completion of a sa Do this by 5/31/2016	25 points	I Did This

October 2015

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- A calendar will pop up – select the date you walked 50 miles and press **Save**