

# Welcome to your 2024 State of Delaware Rewards Program!

## Earn Rewards... for living healthier!

Participating is easy.  
Earn points by completing  
healthy activities and get  
rewarded for becoming a  
healthier you!



### How to Get Started

Download the **My Highmark app** by scanning the QR code or visit **MyHighmark.com**. Here, you'll find everything you need to manage your benefits and your health.

After you create an account, you can begin your program, track your progress, and complete many of your activities right from the app or website.

### Achieve 1,000 Points to Earn Rewards!

You will need to earn 1,000 points to complete your SOD Rewards Program by participating in the following activities:

- ✓ **Complete the Health Assessment – 500 Points**  
Simply complete or update your survey during the rewards program time frame to receive credit for this activity.
- ✓ **Complete a Preventive Exam – 500 Points**  
Earn credit for completing your regular preventive exam. The directions to complete this activity are within your rewards program details.

### Eligibility

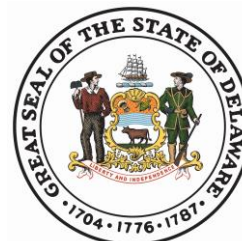
Current medically covered employees and covered spouses are eligible for this program.

### Important Deadlines

The program will begin **January 1, 2024**.  
Complete all program requirements by **June 30, 2024!**

Preventive exams completed between January 1, 2023, and June 30, 2024, will count for program credit. Completion of the health assessment on the My Highmark experience prior to January 1, 2024, will not count for program credit.

**Questions? Contact your HR Benefits Representative for more details.**



**Rewards are provided by your employer and not your health plan.**

**Rewards are subject to income taxes, may be subject to applicable wage withholdings, and may take the form of a spending account contribution.**

**Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Health Insurance Company, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.**

**The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.**

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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