

# CURBELL

## 2026-2027 Wellness Program

We are excited to share the details of the Curbell Wellness Program for the 2026-2027 Plan Year! The core of the program remains the same – to encourage early intervention and diagnosis of major medical issues.

**Employees and their spouses/domestic partners (if applicable) who are enrolled in Curbell's health insurance on or before 5/1/26 must complete the 3 Wellness Steps by 12/31/26 in order to be eligible for lower health insurance premiums for the 2027-2028 Plan Year.**

1

### HEALTH ASSESSMENT

The Health Assessment is an online assessment on the **My Highmark** website or app.

This step must be completed between May 1st-December 31st.

2

### BIOMETRIC SCREENING

The Biometric Screening is your annual bloodwork that is typically completed around the time of your annual physical.

There are 3 options to choose from to complete this step. See details below.

3

### ANNUAL PHYSICAL

This is your once per year routine, preventative visit to your Primary Care Physician or OBGYN.

Completion is tracked through health insurance claims submitted by your doctor to the health insurance company.



# 2026-2027 Wellness Program

## Step by Step Program Details:

### GETTING STARTED

Review & complete the **annual authorization agreements** in the Highmark app/website to participate in the Curbell Wellness Program.

Log in to the MyHighmark website or mobile app. If you're logging in for the first time, you'll need to register ([click here for instructions](#)). Next, click on "Review Agreements" on your home screen. **You must read and acknowledge the annual authorization agreements every year to view and participate in the Curbell Wellness Program.**

#### Annual Authorization

Gain access to your Health Assessment and Reward Programs

[Review The Agreements](#)

All 3 Steps will show on the MyHighmark site under the "Journey" tab.

## 1 STEP 1: COMPLETE THE HEALTH ASSESSMENT



Complete your Health Assessment questionnaire on [MyHighmark](#). This questionnaire will ask you questions on topics including health status, social determinants of health, as well as exercise and nutrition habits. Upon completion of the survey, you will receive recommendations for health and wellness programs and resources that can improve your health.

**This step must be completed between May 1, 2026 and December 31, 2026.** If you completed this step prior to May 1, 2026, you will need to go through the questionnaire again in order for it to be marked as complete.

# 2026-2027 Wellness Program

## Step by Step Program Details:

### 2 STEP 2: COMPLETE YOUR BIOMETRIC SCREENING

Complete your annual, preventative bloodwork. Dates of service between January 1, 2026 and December 31, 2026 will be accepted. Your Biometric Screening can be done through your Primary Care Physician/OBGYN OR directly through one of the approved lab partners such as LabCorp and WellNow, without a script. **Please note that you must follow a quick registration process through the [Integrated Health website](#) to obtain the correct form needed to complete this step (even if you have already gone for your bloodwork this year through your Primary Care Physician).**

**[Biometric Screening through Doctor Registration Instructions](#)** \*Once this form has been completed by both you and your doctor, it should be mailed or faxed directly to Integrated Health. Contact information can be found on the Physician's Results Form that you download from the Integrated Health website.\*

**[Biometric Screening through Approved Lab Partner Registration Instructions](#)** \*The lab will communicate your results directly with Integrated Health.\*

### 3 STEP 3: GET YOUR ANNUAL PHYSICAL

This is your once per year preventative visit with your primary care physician or OBGYN. **No form is needed for this step. Once your annual physical is complete and your physician has submitted the claim, this step will automatically be marked as complete.** Dates of service between May 1, 2025 and December 31, 2026 will be accepted.

NOTE: If your annual physical is not marked as complete on [MyHighmark](#), please follow up with your physician's office to confirm if the visit was coded as a routine, annual visit.

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### OPTIONAL: WELLNESS COACHING

A personalized coach can create a customized plan or recommend a program to help you lose weight, quit smoking, sleep better, reduce stress, manage chronic conditions, and more.

Connect with a coach by calling 1-800-650-8442 or visit

HighmarkHealthCoachBCBSWNY.com ([How to Connect with a Wellness Coach](#))

# 2026-2027 Wellness Program

## Track Your Progress on the MyHighmark Website or App

This is the platform to track your steps and provide many other beneficial wellness tools and resources. First-time users will need to register for MyHighmark and acknowledge the annual notices in order to access their step completion status and health assessment.

[Instructions to Register for Your MyHighmark Account.](#)

[MyHighmark App Instructions](#)

## Get Started with My Highmark.

All your health care needs -  
all in one place.

- ✓ **Benefits- Access your virtual member ID card, manage your claims, and search for care.**
- ✓ **Track your progress for the Curbell Wellness Program Steps**
- ✓ **Complete your Health Assessment for Step 1 in the Curbell Wellness Program**



We encourage everyone to review their steps frequently over the next several months to ensure the correct steps are showing as complete.

Questions? Email Kristina Quirante at [kquirante@curbell.com](mailto:kquirante@curbell.com)