

CURBELL WELLNESS PROGRAM



STEP 2- BIOMETRIC SCREENING

This #WellnessWednesday, we are focusing on Step 2 of the Curbell Wellness Program - your Biometric Screening.

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.

Your **Biometric Screening** is your once-per-year, preventative bloodwork. Highmark BlueCross BlueShield of WNY has again partnered with Integrated Health for the Biometric Screening step. Integrated Health manages the intake and completion of the screening results.

Reminder, you not only can complete this step through your primary care physician, but also directly through one of the approved lab partners such as LabCorp and WellNow, without a script.

IMPORTANT: ALL OPTIONS REQUIRE A QUICK REGISTRATION IN ORDER TO OBTAIN THE CORRECT FORM!

See below for additional details on each option.

Wellness Program Step 2: Biometric Screening Reminder

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.*

OVERVIEW

In order to receive the lower health insurance premiums for the 2027-2028 Plan Year, employees and spouses/domestic partners (if applicable) who are enrolled in Curbell's health insurance on or before 5/1/2026, **must complete all 3 steps by 12/31/2026.**

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.**

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

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.