

# CURBELL WELLNESS PROGRAM



## STEP 1- HEALTH ASSESSMENT

**This #WellnessWednesday, we are focusing on Step 1 of the Curbell Wellness Program - the Health Assessment.**

The Health Assessment is a questionnaire on the [My Highmark website](#) or app, with 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 needs to be completed by December 31, 2026.**

---

# 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.