

Health Advocate

Health Advocate is a voluntary program available to all employees and their spouses on the Highmark Insurance Plan.

Purpose

This program is designed to help you prioritize your health. On the program, there is a plethora of ways to practice wellness and earn points while doing it. Various activities have an assigned point value. Participate in activities, enter doctor visits, track healthy habits, and more to earn points and receive either \$175 (350 points) or \$275 (550 points.)

Getting Started

Health Advocate can be accessed by either an app or website. Create an account and start exploring the app to earn points.

Some things to note:

- If it asks for an organization, enter *Northern Tier Insurance Consortium*
- The only way to link a fitness device and track steps is to download the app

How Do I Register?

- To register with the Health Advocate portal, visit <https://www.healthadvocate.com/ntic> or search "Health Advocate" in your app store.
- From there, you will then select the "Register Now" box. You will enter your information accordingly, allowing you to create a username and password. Every individual will have their own account.
 - REMINDER: You need to sign up using your LEGAL name. Whatever your name is listed as with your insurance is what the system will use to identify you as an eligible employee or not.

Returning Participants: You will use the same credentials to log in as you had in the past. You do NOT need to create a new account for the new program year.

I Forgot My User Name or Password

Please reach out to Health Advocate at 866-695-8622 for assistance.

Earning Points

The Health Advocate Program Guide will show you all the ways to earn points. You can also find this in the platform (app or website) under the *Rewards* section.

Log Appointments for Points

On the website

- Go to HealthAdvocate.com/ntic
- Log in
- *Well-Being > Rewards*
- Scroll down to find the appointment type you had (screening, physical, etc.)
- Click “Go to ... Screening” or “Go to ... Form”
- Enter the date of the exam
- *Select Files* to upload your documentation
- Click *Finish*
- You should see the points automatically added to your account. Health Advocate or Miranda Kelley, Wellness Coordinator, will reach out if there are any issues with the forms you uploaded

On the App

- Log in
- Tap the 3 lines in the top right corner
- *Well-Being > Rewards* (you might have to scroll to see it)
- Scroll down to find the appointment type you had (screening, physical, etc.)
- Click “Go to ... Screening” or “Go to ... Form”
- Enter the date of the exam
- *Select Files* to upload your documentation
 - *Take Photo or Video* is an easy way to take a photo with your phone of your paperwork
 - *Photo Library* is where you will go to find screenshots
- Click *Finish*
- You should see the points automatically added to your account. Health Advocate or Miranda Kelley, Wellness Coordinator, will reach out if there are any issues with the forms you uploaded

*Note that you do not need forms for your cancer screenings, dental, or vision.

What Counts as Proof?

Anything that confirms you saw a professional. This could be printing and taking [these forms](#) to your appointment or a photo or screenshot of your office summary sent to you or on an app. If

you want to keep information private, blackout what you don't want us to see. Miranda Kelley and Health Advocate are HIPAA compliant just like a medical professional.

What Do I Do Once I Receive My Necessary Points?

Keep up the healthy work! The wellness coordinator receives a monthly list of employees who've reached the gold level in the prior month. Those names are communicated to the district and payroll to be rewarded. Because of the process, it might take up to two months for employees to receive their incentive in their pay. You will not get paid for the silver level unless it is May 31st, the end of the program year, and that's the highest you've achieved. During the school year, once you reach gold, you will receive the full payout.