Wellness Program Activity Cheat Sheet

1. Register for MyAccount by visiting www.carefirst.com/statemd. Click Register now and follow the steps.

2. Once logged into MyAccount, a popup box will appear called Wellness Program – click on the “Earn Now” button and you will be taken to the section of the website where one can complete the three steps.

3. If a member chooses to close this popup they will go to the MyAccount Landing page.

4. On the MyAccount Landing page there is a banner with states – “To access your 2015 State of Maryland Wellness Program click here” – If you click on the blue text “click here” you are taken to the wellness section of the website.

5. Each plan participants name and last day to submit will appear on the “My Health page. You may take your Health Assessment, select a Primary Care Physician (PCP), complete your Physician Verification Form and View Details–click on Start.

6. Take your assessment, results and Physician Verification Form to your PCP who will sign the form to confirm review of your Health Assessment. After reviewing your results, have your PCP to complete Section II. If you are seeing a Physician Assistant (PA), they may sign the Physician Verification Form as long as they are affiliated with the PCP you have selected.

7. Submit this completed and signed form by logging into My Account at www.carefirst.com/statemd and upload your scanned form in jpg. Tiff or pdf format. You may submit the form via:

Fax to: 800-354-8205    Mail to: Mail Administrator
P.O. Box 14116
Lexington, KY 40512-6116