

Completing Your Online Wellness Profile

The *WebMD Wellness Profile* is a health risk assessment tool that helps you uncover potential health risks and recommends positive steps to control your specific health risks.

Why Take the *WebMD Wellness Profile*?

Many health risks don't make you feel bad until you are well on your way to a serious problem. That's why measuring your potential risks is important. If you find out you are at risk and receive the proper guidance on how to minimize those risks, you can actually take steps to avoid developing health conditions such as heart disease, diabetes, and stroke.

Taking the *WebMD Wellness Profile* requires only about 15 minutes, and it can make a huge difference in your life. Once you've answered all of the questions, you will receive an easy-to-understand report. It will outline your specific risk levels for a variety of health conditions and common risk factors, like weight and blood pressure, along with providing an action plan for reducing your risks. Then you'll receive instant feedback on how changing your behavior now affects your chance of developing health conditions in the future.

What Information Should You Have Available?

To get the most accurate results possible, you should come prepared with some important health information such as:

- Height
- Weight
- Blood pressure level
- Blood sugar level
- Cholesterol and triglyceride values

If you've had your annual physical, you can simply call your doctor for these numbers. If you haven't, you can still take the *WebMD Wellness Profile* and provide the information you do have. Once you have your next checkup, be sure to get your most recent information and update your *WebMD Wellness Profile*.

Your privacy is very important to us. The *WebMD Wellness Profile* is completely confidential and adheres to all privacy regulations. Personal health information is never provided to your employer.



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WELLNESS AT WORK

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HOW TO GET STARTED:

1. Start by going to your Member Web site at www.highmarkbcbs.com.
2. Click the **“Members”** tab and log in. If you do not have a **“User ID”** and **“Password,”** create one by choosing **“Register Now”** from the **“Log In”** box. Follow the instructions as directed to guide you through the registration and PIN process.
3. Once you are logged in, simply click on the **“Wellness Profile”** link on the Member landing page to get started.

The screenshot shows the Highmark Member Web site interface. At the top, there are navigation tabs: HOME, YOUR COVERAGE, YOUR SPENDING, CHOOSE PROVIDERS, and HEALTH & WELLNESS. A search bar is located to the right of these tabs. Below the navigation is a 'WELCOME,' section with fields for My ID #, My Group #, and My Plan. To the right of these fields are links for My Benefits and My Member Information, along with buttons for Go Green, iPhone App, Fill Medco Rx, and Order ID card. Below this is an 'ALERTS' section with a notification: 'You have (0) new claims available within the last 90 days.' and 'Alerts and Notifications'. The main content area features four large blue circular icons: 'FIND A PROVIDER', 'VIEW CLAIMS', 'MY BENEFITS', and 'HEALTH & WELLNESS'. To the right of these icons is a search bar for 'I want to find a...' with 'Doctor' entered and a 'Go' button. Below the search bar is a 'PROGRAMS' section with a photo of an apple and text: 'Discounts Health Partner Program Wellness Profile WebMD'. Below that is a 'MORE FEATURES' section with text: 'Breaking Health News Spending Account(s) Compare Costs & Save'. At the bottom left, there is a 'New Mobile Website' section with a photo of three smartphones and text: 'Find doctors. Check claims & more — anytime from anywhere.' At the bottom center, there is a 'Take the Wellness Profile' link with a WebMD logo. Two orange arrows point to this link and the 'Wellness Profile WebMD' link in the 'PROGRAMS' section.

IMPORTANT PHONE NUMBERS

If you have any difficulty accessing the website, you can call Technical Support at **1-877-298-3918**.

If you have any questions once you are on the WebMD wellness platform, call the WebMD Customer Support at **1-888-258-2403**.

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