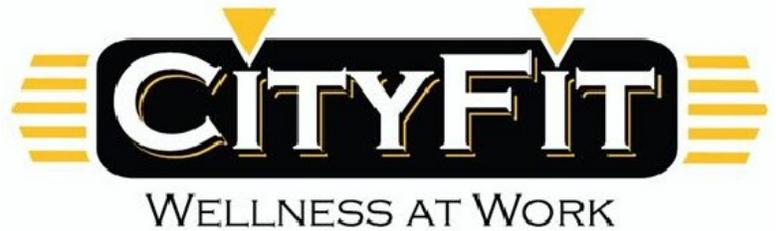


WELLNESS PROFILE



GETTING STARTED

The Wellness Profile is a great first step to take charge of your health. This self-health assessment covers all aspects of your health—from nutrition and weight management to physical activity and injury prevention. The Wellness Profile only takes about 15 minutes to complete. When you're finished, you'll get a detailed health summary, a personalized action plan, recommendations for health and wellness programs and activities that are just right for you.

READY TO GET STARTED?

Please have your member ID card, email address, and recent screening and preventive exam values and service dates available, if possible.



or



LOG IN TO THE MEMBER WEBSITE.

IF YOU ARE ALREADY A REGISTERED USER:

- Go to www.highmarkbcbs.com.
- Select Log in.
- Enter your Highmark login ID and password and complete the PIN process if prompted.
- Click on the Wellness Profile link.
- Accept the WebMD® Terms and Conditions, if prompted.
- Click on "Take WebMD Wellness Profile now."
- After you have answered all of the questions, be sure to click "Complete" to get credit.
- To view your Wellness Profile Summary, click "Continue to My Health Summary."

IF YOU ARE NOT A REGISTERED USER:

- Go to www.highmarkbcbs.com.
- Click on "Register now."
- Complete the registration form.
- Click "Submit."

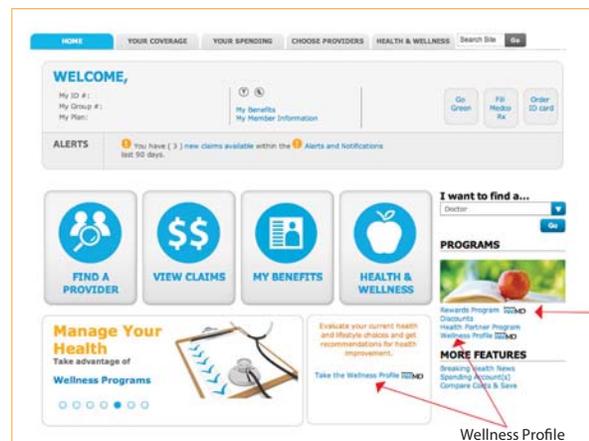
Registration instructions continued on the back

YOU MUST COMPLETE THE PIN PROCESS TO TAKE THE WELLNESS PROFILE.

- For security purposes, a PIN is required to access your Highmark personal information.
- Choose how you would like to receive your PIN. The fastest delivery methods are email and text message. Conventional postal mail takes three to five business days.
- When you have received your PIN, log in to the website using the login ID and password you just created. Enter your PIN when prompted.
- This is a one-time verification process. You will not need to use your PIN in the future.
- If you already registered, but did not complete the PIN process, select “Reissue Your PIN” and follow the steps to get one. If you lost your PIN, select “Reissue Your PIN” and follow the steps to receive your new PIN.

NOW THAT YOU HAVE REGISTERED...

- You will be directed to the member homepage.
- Click on the Wellness Profile link.
- Accept WebMD Terms and Conditions, if prompted.
- Click on “Take WebMD Wellness Profile now.”
- After you have answered all of the questions, be sure to click “Complete” to get credit.
- To view your Wellness Profile Summary, click “Continue to My Health Summary.”



Rewards Program

Wellness Profile

QUESTIONS?

If you have Wellness Profile or member website questions, call the Member Service number on the back of your member ID card.

A SPECIAL NOTE FOR WELLNESS REWARDS MEMBERS

If you are completing the Wellness Profile as part of your group’s Wellness Rewards Program, confirm your completion of the Wellness Profile to be sure you receive credit:

1. From the Wellness Profile Summary, click “Home.”
2. Click on the “Rewards Program” link under Programs.
3. View page for confirmation.

Please note: If you do not see a confirmation, please check the site again in 24 hours.

Log in to www.highmarkbcbs.com and select the “Rewards Program” link on the member homepage.

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Please review your benefit plan for covered services.