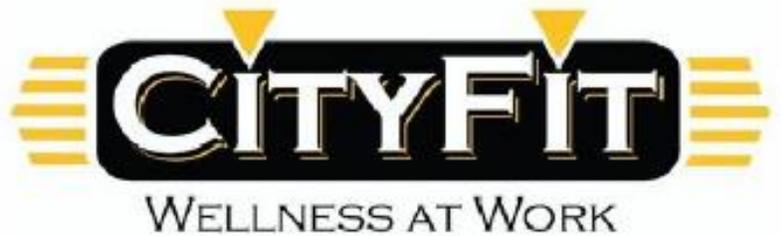


WELLNESS PROFILE



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."