

# 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. You and your spouse (if applicable) must complete this form in order to be eligible for the Premier Plan of benefits. 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.

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](http://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](http://www.highmarkbcbs.com).
- Click on "Register now."
- Complete the registration form.
- Click "Submit."

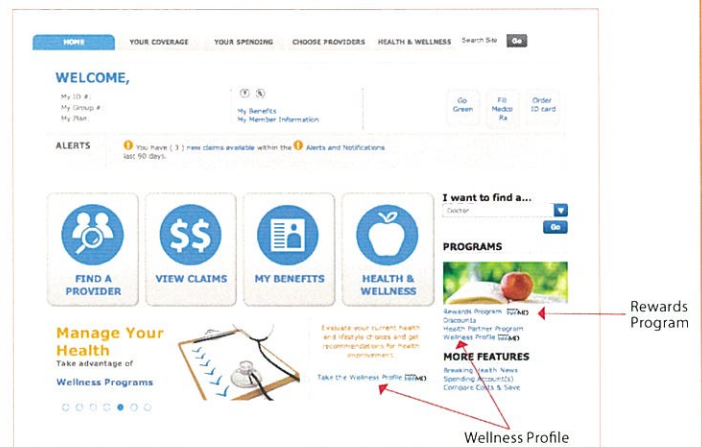
*Registration instructions continued on the back*

## 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.”



### QUESTIONS?

If you have Wellness Profile or member website questions, call your Dedicated Customer Service at 1-866-594-1732. It is strongly recommended that the HRA should be completed online. If you don't have computer access, you may complete and mail a completed paper HRA. To request a paper HRA, contact your Dedicated Customer Service at 1-866-594-1732.

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Please review your benefit plan for covered services.