Wellness Profile
(Required for participation in the Wellness Program)

Do you need assistance completing Highmark’s Online Wellness Profile?

Please join Stacy Chronister in **Plank computer lab, room 111**, at one of the following times:

**Monday, DECEMBER 16 FROM 2:00 TO 3:00**
**Thursday, DECEMBER 19 FROM 11:30 TO 12:30**

Stacy will help you set up your user name and password in the Highmark website if needed and show you the path to complete your Wellness Profile. You can actually complete the wellness profile during this session. It takes about 20-30 minutes.

**Please bring with you:**

1. Your Highmark Blue Shield insurance card.
2. Blood pressure numbers from the day of your MBS.
3. Your MBS results you received in the mail.

If you have any questions, you may contact **Stacy at x6607**.