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 is 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. If at any time you are uncomfortable completing a question, you may skip over to the next question.
HOW TO GET STARTED:

1. Start by going to your Member Web site at **HIGHMARKBLUESHIELD.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.

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 general questions, call the Wellness Resource Center at **1-800-650-8442**.