

Highmark Blue Shield

Website Registration and Wellness Profile Completion

Go To www.highmarkblueshield.com

HIGHMARK

Language Selection

MEMBERS MEDICARE EMPLOYERS PRODUCERS PROVIDERS

CAN I BE COVERED UNDER **MY PARENTS'** HEALTH PLAN?

FIND INSURANCE

Looking for insurance for yourself or your employees? Highmark has a plan for you.

- ▣ Individuals & Families
- ▣ Medicare Eligible
- ▣ Groups & Companies
- ▣ Recently Lost Coverage?
- ▣ Questions About Reform?

FIND PROVIDERS

Now you have more ways than ever to find a health care provider that's right for you.

- ▣ [Find a Doctor, Hospital or Other Medical Provider](#)
- ▣ Find a Pharmacy
- ▣ Find an Eye Care Provider
- ▣ Find a Dentist

MANAGE YOUR PLAN

View your benefits, check the status of a claim, research health topics and more.

- ▣ [Register Now](#)
- ▣ [Log In](#)
- ▣ [Forgot Your Login ID or Password?](#)

CONTACT US | ABOUT HIGHMARK | PRIVACY POLICY | MEDICAL POLICY | ACCESSIBILITY

Registration



MEMBERS

MEDICARE

EMPLOYERS

PRODUCERS

PROVIDERS

Registration

Welcome! To access our site, please fill out this form and choose a login ID and password.
[Access registration help for additional assistance.](#)

Member ID:
(from ID card)



First Name:
(as it appears on your ID card)

Date of Birth:
(mm/dd/yyyy)

Email Address:

Re-Enter Email Address:

Choose a Login ID:
(6-10 alpha/numeric characters)



Choose a Password:
(6-10 letters and numbers)

Re-Enter Password:

Security Question:

Security Answer:

Submit

Cancel

- Please choose your question
- Please choose your question
 - In what city were you born?
 - What was the name of your first pet?
 - What is your favorite food?
 - What was your first car?
 - What is your favorite vacation spot?



Registration Help

1-877-298-3918



Registration Help

Member ID

Your member ID is found on your ID card. If you do not yet have an ID card, enter the subscriber's Social Security Number.

[Back to Previous Page](#)

First Name

Please enter your first name as it appears on your ID card or pay stub. Note: In order to protect member privacy, it is very important that information that is entered matches your membership record. Nicknames such as "Bob" vs. "Robert" or "Debbie" vs. "Deborah" are common mismatches. Please refer to your ID card for the correct spelling as it appears on our internal systems.

[Back to Previous Page](#)

Date of Birth

Please enter your date of birth using only numeric characters in the following format: mm/dd/yyyy.

[Back to Previous Page](#)

Email Address

Please enter your email address. We will use this information to send you your password should you forget it in the future and to enable you to communicate with us securely through your online Secure Mail. Generally, we recommend that you use a personal e-mail address (rather than a corporate account) to be certain that all of your communications are confidential. If you share an e-mail address with others in your family, you will also share a Secure Mail with them on this site. If you have privacy concerns regarding sharing a Secure Mail, you should not enter an e-mail address that you share with anyone else.

We must also have your e-mail address to take advantage of some of our electronic features such as access to the Medco Health website for prescription drug information or e-mail notifications for e-delivery services, should you select them. We will not use your email address for any other purposes not authorized by you, the member. We will not sell or trade your information to any other companies or use it for marketing purposes.

If you are employed by the health plan or any subsidiaries, we recommend that you do not use your work e-mail address on this site because you will not have access to a Secure Mail.

[Back to Previous Page](#)

Choose a Login ID

Your login ID is a unique string of characters that allows us to identify you while maintaining your privacy. Your login ID must be 6-10 alpha/numeric characters in length and cannot be the same as your member ID or Social Security Number.

[Back to Previous Page](#)

Choose a Password

Your password must be 6-10 characters in length, include both letters and numbers, and cannot be the same as your member ID, Social Security Number or login ID. Spaces and special characters, such as question marks, cannot be a part of your password. Your password should be kept private and should be changed every few months for additional security. Your password can be changed from the Review Your Member Information section of the member website once you log in.




[Back to Previous Page](#)

Security Question/Answer

Your Security Question/Answer will provide a way in which you can access the Web site should you forget your password or login ID in the future. The question and answer you provide at registration are stored securely. If you forget your password or login ID, you will be prompted to enter the answer to your security question. If you answer the question correctly, your password will be e-mailed to the address you provide during registration or your login ID will appear on the screen.


[Back to Previous Page](#)

Identity Confirmation

HIGHMARK BLUE SHIELD  TEXT ONLY  Customer Service  You have 0 new messages [» LOGOUT](#)

Confirm Address and Relationship

This information helps us confirm your identity and establish your PIN or personal identification number.

Address on File 

*Enter the **numeric value** of your street address or P.O. Box. (No spaces, letters or special characters)

*Enter your city.

*Enter your zip code.


Relationship

*Select your relationship to the policyholder.

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PIN Delivery



Highmark
BLUE SHIELD
An Independent Licensee of the Blue Cross and Blue Shield Association

LOGOUT

PIN Delivery Method

Your information has been confirmed. You need a PIN to access your personal information on the site. ?

Tell us how to send your PIN.

E-mail my PIN. E-mail and text are recommended for quick site access!

Text (Carrier charges may apply)

Voice


Enter number.


Re-enter number.

Mail my PIN to arrive within 5 business days.

HELP | ABOUT HIGHMARK | PRIVACY POLICY | SITE MAP | TEXT ONLY

Enter PIN



TEXT ONLY [A](#) [A](#) [A](#) Customer Service  | You have 0 new messages

[» LOGOUT](#)

In order to view your confidential information, you must enter your Personal Identification Number (PIN) below. Your PIN was sent via U.S. mail when you registered on the Highmark web site. You should receive your letter within 3 to 5 days of registering.

You Registered on October 15, 2010.

You may enter your PIN now if you have it and you will have full access to your confidential health care information.

Enter PIN Now:

If you do not have your PIN, you may still continue and access other useful information such as health and wellness programs.

[Continue without PIN](#)

[Reissue my PIN](#)

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Member Home Page

The screenshot shows the Highmark Member Home Page. At the top is the Highmark logo and a navigation bar with tabs for HOME, YOUR COVERAGE, YOUR SPENDING, CHOOSE PROVIDERS, and HEALTH & WELLNESS. The main content area includes a 'WELCOME' section with fields for My ID #, My Group #, and My Plan, along with links for My Benefits and My Member Information. Below this is an 'ALERTS' section with a notification about new claims. A central row of four large buttons offers 'FIND A PROVIDER', 'VIEW CLAIMS', 'MY BENEFITS', and 'HEALTH & WELLNESS'. To the right is a search bar for finding a doctor. Further down, there are promotional banners for 'Highmark Running 101' and a wellness profile evaluation. On the far right, a 'PROGRAMS' section lists various benefits, and a 'MORE FEATURES' section is partially visible with an orange arrow pointing to it.

HIGHMARK.

HOME YOUR COVERAGE YOUR SPENDING CHOOSE PROVIDERS HEALTH & WELLNESS

WELCOME,

My ID #:

My Group #:

My Plan:

[Request ID Card](#) [iPhone App](#) [Go Green](#) [Fill Medco Rx](#)

ALERTS You have (3) new claims available within the last 90 days. Alerts and Notifications

FIND A PROVIDER **VIEW CLAIMS** **MY BENEFITS** **HEALTH & WELLNESS**

I want to find a...

Doctor

Go

PROGRAMS

[Rewards Program](#)

[Discounts](#)

[Health Partner Program](#)

[Wellness Profile](#)

MORE FEATURES

[Break Health News](#)

[Special Account\(s\)](#)

[Compare Costs & Save](#)

Highmark Running 101:

Complete your first 5K. Register now!

Official Supplier of the 2012 U.S. Olympic Team


Evaluate your current health and lifestyle choices and get recommendations for health improvement.

[Take the Wellness Profile](#)

Accessing the Wellness Profile

Wellness Center | Powered by WebMD family members | settings Search



[Home](#) | [WebMD Wellness Center Home](#) | [Healthy Living](#) | [Health Record](#) | [Health Information](#)



WebMD Wellness Profile

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking the WebMD Wellness Profile may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our [privacy policy](#) for details on how we protect you.

 [Secure Messages \(1 new\)](#)  [Rewards \(check status\)](#)

[Take WebMD Wellness Profile now.](#)

What is the WebMD Wellness Profile?

The WebMD Wellness Profile is a health risk assessment tool that helps you uncover potential health risks and recommends possible steps to control your specific health risks.

[About this tool](#)

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.

You will also be able to see how your WebMD Wellness Profile results compare to those of your peers of the same gender and similar age range!

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.

Tip: For a quick and easy blood pressure reading, many pharmacies or grocery stores now have automated blood pressure machines you can use.

Taking the Wellness Profile

0% completed

About You

▶ If you have been provided a site code by your employer / organization, please enter it here.

▶ What is your height? ft in

▶ What is your weight? lbs

▶ What is your waist measurement? in [? How to measure](#)

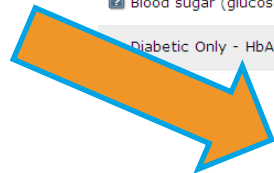
▶ **Optional:** What is your ethnic origin? [? Why we're asking](#)

▶ What is the highest level of education you have completed?

Lab Tests

▶ Enter the most recent values and **approximate** date for each test.

	Don't know	Result	Date
<input checked="" type="checkbox"/> Blood pressure	<input type="checkbox"/>	<input type="text" value="110"/> Systolic / <input type="text" value="80"/> Diastolic	<input type="text" value="6 / 4 / 2012"/>
Normal resting pulse rate	<input type="checkbox"/>	<input type="text"/> bpm	<input type="text" value="mm / dd / yyyy"/>
<input checked="" type="checkbox"/> Body fat %	<input type="checkbox"/>	<input type="text"/> %	<input type="text" value="mm / dd / yyyy"/>
<input checked="" type="checkbox"/> Total cholesterol	<input type="checkbox"/>	<input type="text"/> mg/dL	<input type="text" value="mm / dd / yyyy"/>
LDL (bad) cholesterol	<input type="checkbox"/>	<input type="text"/> mg/dL	<input type="text" value="mm / dd / yyyy"/>
HDL (good) cholesterol	<input type="checkbox"/>	<input type="text"/> mg/dL	<input type="text" value="mm / dd / yyyy"/>
Triglyceride level	<input type="checkbox"/>	<input type="text"/> mg/dL	<input type="text" value="mm / dd / yyyy"/>
<input checked="" type="checkbox"/> Blood sugar (glucose) level	<input type="checkbox"/>	<input type="text"/> mg/dL	<input type="text" value="mm / dd / yyyy"/>
Diabetic Only - HbA1C%	<input type="checkbox"/>	<input type="text"/> %	<input type="text" value="mm / dd / yyyy"/>



CONTINUE

Completing the Wellness Profile

Wellness Center | **WebMD** | family members | settings | Search

Home | WebMD Wellness Center Home | Healthy Living | Health Record | Health Information

WebMD Wellness Profile

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking the WebMD Wellness Profile may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our [privacy policy](#) for details on how we protect you.

[Secure Messages \(1 new\)](#) [Rewards \(check status\)](#)

80% completed

Overall Health

Over the past 6 months, how would you describe your overall health compared to others your age?

Excellent
 Very good
 Good
 Fair
 Poor

In the past year, approximately how often have you:

Been to the doctor or clinic? times
 Been hospitalized overnight? days
 Been to the emergency room? times
 Missed work due to illness or injury? days
 Filled or refilled a prescription? times

How many times in the past year have you used a self-care resource, including books, articles, a handbook, a web site, or any other such resource? times

On a scale 1 to 7 where 1 means "Strongly Disagree" and 7 means "Strongly Agree", please answer the following:

	1 Strongly Disagree	2	3	4	5	6	7 Strongly Agree
Would you say that you don't do anything about your health unless you are sick?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How would you rate your satisfaction with the overall value of your health plan for the price and benefits you receive? Would you say you are:

Very dissatisfied
 Somewhat dissatisfied
 Slightly dissatisfied
 Neither dissatisfied nor satisfied
 Slightly satisfied
 Somewhat satisfied
 Very satisfied

Feedback

Please answer the questions below. They will help us improve this health risk assessment.

How strongly do you agree or disagree with the following statements?


	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
This questionnaire was simple to complete.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This questionnaire was easy to understand.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This questionnaire helped me to think about my health.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Approximately how long did it take you to fill out this questionnaire? minutes

COMPLETE

Optional Programs for Assistance

Your WebMD Wellness Profile ✕



Get started today. Create a plan to improve your health!

My Health Assistant helps you set realistic goals and make small changes that can add up to a big difference.

[USE MY HEALTH ASSISTANT](#) [CONTINUE TO MY HEALTH SUMMARY](#)

Your WP Score

79

out of 100
as of 6/27/2012

The average score for your peers is 56



Wellness Center | **Powered by WebMD** | [family members](#) | [settings](#) | [Search](#)

[Home](#) | [WebMD Wellness Center Home](#) | [Healthy Living](#) | [Health Record](#) | [Health Information](#)

My Health Assistant

[Secure Messages \(1 new\)](#) [Rewards \(check status\)](#)

, let's create a plan to improve your health!

My Health Assistant helps you set realistic goals and make small changes that can add up to a big difference.

Step 1: Tell us which areas you want to work on

Select the areas below you want to work on first. You can also add, reset, or remove goals from your Manage Goals page.

- Nutrition**
Improve my diet to reduce my health risks. [Why is not eating better a risk for me?](#)
- Weight Loss**
Reduce my weight to within a healthy range. [Why is not losing weight a risk for me?](#)
- Exercise**
Raise my physical activity to a healthy range. [Why is not increasing exercise a risk for me?](#)

Disclaimer:
Not all goals in this behavior change program may be right for you. If you are pregnant or have a serious health problem, such as cancer, kidney disease or a recent heart attack, talk with your doctor about health-related goals that are right for you and follow his or her advice. We strongly recommend that all individuals consult with a physician before following the recommendations of any content provided on this site or before starting any diet, exercise or other health or condition management program. Individuals should never disregard, avoid or delay in obtaining medical advice from a licensed practitioner because of something that was read on this site. Please also see other [Terms and Conditions](#).

Accessing Your Results

Wellness Center | **Powered by WebMD** | family members | settings | Search

Home | WebMD Wellness Center Home | Healthy Living | Health Record | Health Information

WebMD Wellness Profile

WebMD Wellness Profile: Summary
Now that you have your WP score, you can see how it compares to your peers. If your score could use some improvement, explore the fun, interactive tools below to see what actions will have the most impact on raising your score and improving your health.

[Secure Messages \(1 new\)](#) | [Rewards \(check status\)](#)

Take WP Now

- WP Summary**
- Risk Reports
- Condition Reports
- Physician Summary
- Health Care Costs
- Print Report

Your WP Score

79 out of 100 as of 6/27/2012

based upon your answers, your WP Score is 79 compared to your peer average of 56.

[Did your score change?](#)
[How scores are calculated](#)

RESET PAGE

Change Your Behavior, Lower Your Risks

Use the tabs, sliders, and checkboxes to see how changing your lifestyle behaviors affects your risks and WP Score.

Highest Risk | Medium Risk | Lowest Risk

Nutrition	Blood Pressure	Cholesterol	Blood Sugar
Unhealthy	Unhealthy	Unhealthy	Unhealthy
Healthy	Healthy	Healthy	Healthy

Eat a healthier diet.

Your Risks of:

Low Medium High

- Stroke
- Diabetes
- Heart disease
- Chronic lung conditions
- Colon cancer
- Depression
- Lung cancer
- Musculoskeletal conditions
- Prostate cancer

WebMD Wellness Profile was last taken on 6/27/2012.
If you are using a screen reader application, you can access a [summary of your results here](#).

Next Steps

- [Take the next step with your Nutrition Risk Report](#)
- [Improve your health with WebMD Health Management Centers](#)

Other Resources

- [WebMD Symptom Checker](#)
- [Program Referrals for You](#)
- [Men's Health](#)
- [Immunizations](#)
- [Screenings](#)