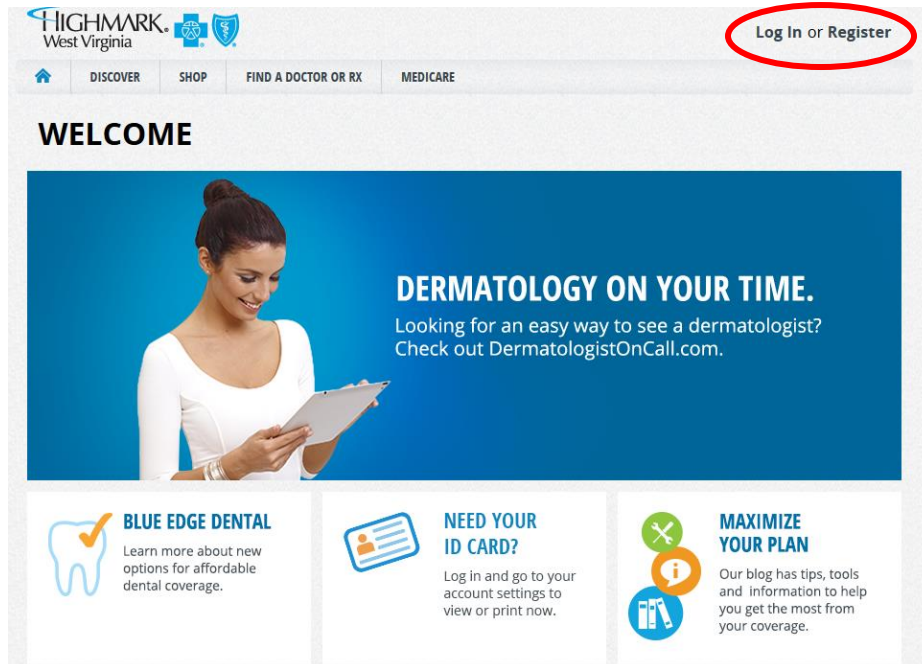


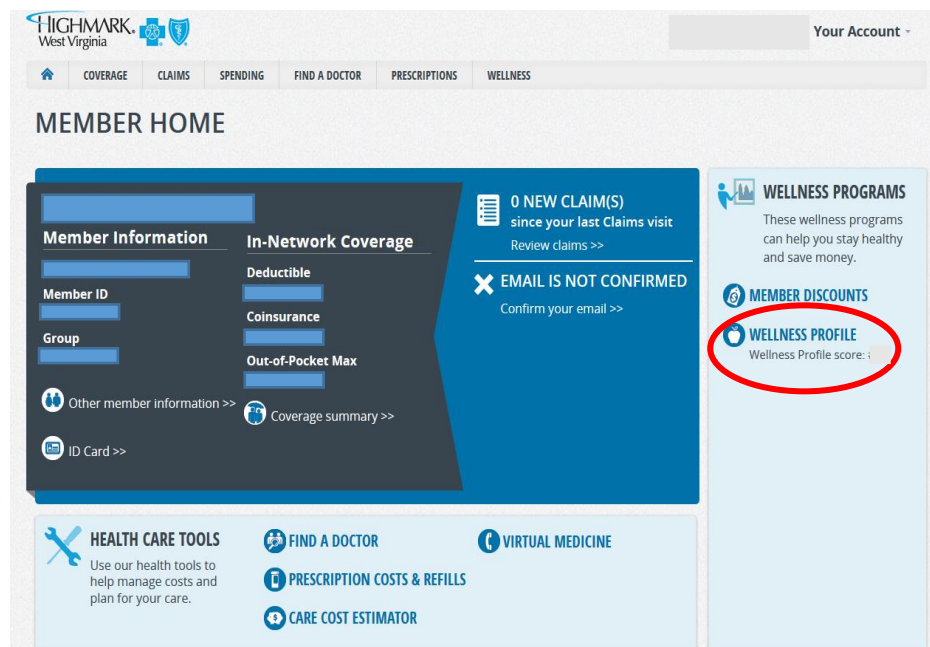
**** Covered Spouses of Union Employees must also complete the HRA ****

Instructions for Taking Your Online Wellness Profile (HRA)

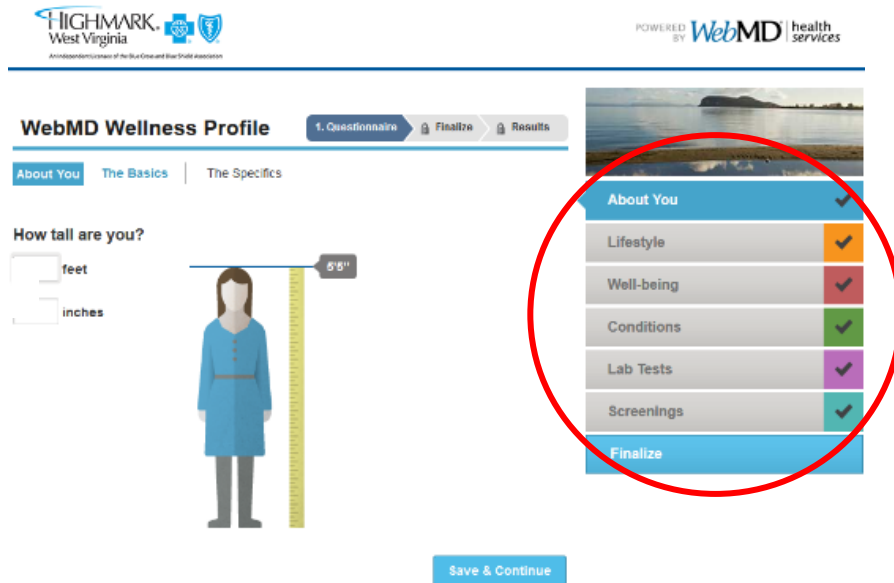
1. Go to: <https://www.highmarkbcbswv.com/home/>
2. **Log in** to your Highmark account.
 - a. If you do not have an account, click on **Register** and follow the instructions.



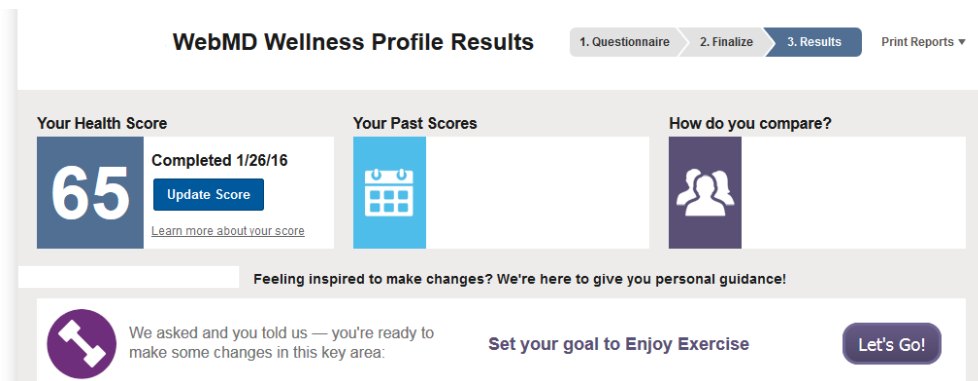
3. Once logged in, click on **Wellness Profile** on the right side of the page.



4. Complete all six sections of the **WebMD Wellness Profile Questionnaire**



5. Once you completed all sections of the Wellness Profile Questionnaire, click **FINALIZE**.
6. You will then be prompted to a new page to answer questions about **Healthy Changes**, enter **Contact Information**, and provide **feedback** on this questionnaire.
7. Click on **FINISH**. An HRA score will be calculated for you. Print this page out for your records.
*If you are providing a hard copy of this document to the Wellness Center, make sure to write your NAME and DATE OF BIRTH on this page before submitting.



You may complete the Wellness Profile online 24 hours/day, 7 days/week from any computer with internet access. The Wellness Profile will be available through November 10, 2017. If you do not complete this questionnaire **before November 10** you will not be eligible for the health insurance premium savings.

For technical assistance please call Highmark Web Operations at 1-877-298-3918.



Phone: 304-293-2520
Fax: 304-293-3725
Email: wellnesscenter@hsc.wvu.edu